



Information on Activity Belts for Parents/Carers and Nursery Staff.

As part of the NAP SACC UK measurements, participating children will be given an activity belt to wear for **5 week days**. Children do not need to wear the belt on Saturday or Sunday but may do so if they wish. There is a slip attached which tells you which day the nursery staff will collect the belts from the children.

The belts are called 'accelerometers' and work a bit like a pedometer or activity monitor, except they can also record time (when the activity occurred during the day) as well as how much activity and at what intensity. They are not able to record any information related to location.

Please note, the **green light** may be flashing when the child first wears it, but **it will stop flashing** at some stage. **This is fine and the monitor is still working**



When should the study children wear the activity belts?

Study children should wear their belts as much as possible from the day it is given out, to the day it is collected. The more they wear them, the better the information that we get from it. They can wear their belt from the time they get up, until the time they go to bed. They do not need to wear the belt at the weekend, but can if they wish.

When should study children not wear the activity belts?

There are two occasions when the belt should not be worn:

1. When a child goes to bed/nap. There is no need to wear it in bed. It does no harm but may not be very comfortable for them!
2. When getting wet. The accelerometers are not waterproof, therefore please remember to take it off when children are in the bath or shower, or while swimming or playing in a paddling pool.

If the children are playing with water, cooking or painting, the belt will be able to stay in place if it is under a good waterproof apron.

How should the children wear the belts?

Please help the children to wear the belts correctly so that they are just below the waist, and so that the red box sits on the child's right hip bone.

When should the belts be returned to the nursery?

The slip attached to this sheet gives the day that the belts will be collected. Parents/Carers should put the belt onto their child as usual on this day. Nursery staff will collect the belts in. If the child does not attend nursery on the collection day, the belt should be returned the next time the child attends nursery.

What to do with late returns?

Don't worry if the belt is not returned on the collection day, it can be returned on the next day the child attends nursery.

Questions?

If you have any questions or concerns about the activity belt please telephone the NAPSACC UK Research Team on 0117 9287273 or email napsaccuk-study@bristol.ac.uk.