Information for Parents and Carers

Your child has brought home a red accelerometer on a belt to wear for **5 weekdays**. They do not need to wear it on Saturday or Sunday, but they can if they wish.

What are they?

The accelerometers record all physical activity, similarly to other movement trackers, like *Fitbits*. They will <u>not</u> record locations. 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.**

Is it ok to get it wet?

No, the accelerometer is **not waterproof**. It **must** be removed before the bath or swimming. Please use waterproof aprons if your child is playing with water, cooking, painting or playing with other messy/wet things.

How are they worn?

The accelerometers are on an adjustable belt. The accelerometer (red box) needs to be put on the **child's right hip bone**.

How long for?

Please encourage your children to wear them for the full **5 weekdays** from the day the time they wake up to the time they go to bed. They **do not** need to wear them to sleep or on weekend-days if they do not want to.

Please return the accelerometer and this form to your nursery manager on <mark>[Return Date]</mark> (or the next day your child is in nursery).

If you have any queries, please contact the NAPSACC UK Research Team via phone **0117 9287273** or email **napsaccuk-study@bristol.ac.uk**

Thank you for your cooperation.

Child's Name: _____

Please let us know if your child wore the accelerometer on each weekday, and whether they went to nursery/preschool.

Weekday 1	Weekday 2	Weekday 3	Weekday 4	Weekday 5
Date:	Date:	Date:	Date:	Date:
My child wore the belt today ☐	My child wore the belt today ☐	My child wore the belt today ☐	My child wore the belt today ☐	My child wore the belt today ☐
My child was in nursery today ☐	My child was in nursery today ☐	My child was in nursery today ☐	My child was in nursery today ☐	My child was in nursery today ☐

e.g. 'Yes' ☑ or 'No' ☒