

Active-Prem

The Active-Prem study is looking for enthusiastic individuals to take part in a project aiming to design online programs to support parents and coaches to improve physical activity participation for preschool age children who were born early or preterm.



Who can be involved?

- **Coaches or teachers** with experience delivering community-based physical activities to preschool age children (**3-5 year olds**).
- **Healthcare professionals** working with preschool age children who were born very preterm (**<32 weeks' gestation**) and their families.
- **Parents** of children who were born very preterm and are now preschool age or older.



What would I need to do?

Participate in 7-10 online meetings over 4-5 months. Be willing to share your experiences, opinions, and perspectives to collaboratively design (co-design) a program as part of a team.



What experience do I need?

No experience is needed! Just bring your enthusiasm. All co-design team members will be up-skilled throughout the process.



Other important information.

You will be compensated for your time. This project has ethics approval from the University of Melbourne Human Research and Ethics Committee (Ethics ID number: 29014).

Want to know more?

Register your interest: <https://redcap.link/active-prem-codesign>



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