

# Active Minds, Happy Kids in Preschools: centre-based intervention feasibility study to increase physical activity, and decrease sedentary behaviour and screen time in preschool children

ACTRN12616000767404

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**Status** RECRUITING  
**Sponsor** Deakin University  
**Enrollment** 20 participants

## Plain Language Summary

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This is a feasibility study for a centre-based program designed to help preschool children (aged 3–5) be more physically active, sit still less, and spend less time in front of screens. The 10-week program is tested in four preschools or childcare centres. Researchers will measure physical activity levels and children's behaviour before and after the program to see if the strategies work and are practical for centres to run.

You may be eligible if:

- Your child is between 3 and 5 years old
- Your child attends one of the participating preschool or childcare centres
- Your family is willing to participate in the program activities

You may NOT be eligible if:

- There are no specific exclusion criteria for this study

Talk to your doctor about whether this trial might be right for you.

## Locations (1 total)

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VIC, Australia