

Evaluating an online quality improvement tool developed for family day care to promote healthier nutrition and physical activity practices - phase 2.

ACTRN12625000156482

Status	RECRUITING
Sponsor	University of Wollongong
Enrollment	36 participants

Plain Language Summary

Family day care services — where educators care for children in a home setting — play an important role in early childhood nutrition and physical activity. The quality of these environments shapes children's health habits from a very young age. However, service providers often lack easy-to-use tools to help them improve and plan for better practices.

This study is testing an online quality improvement tool designed specifically for family day care providers and educators in NSW. The tool helps them create better quality improvement plans (QIPs) focused on nutrition and physical activity. This is the second phase of the research — an earlier pilot helped develop the tool, and now researchers want to see if it actually improves the quality of real planning documents.

You may be eligible if you are a current NSW family day care service provider or educator who speaks English and has not participated in the first phase of this research. Service providers must be in the process of reviewing or developing their quality improvement plan during the study period. This is a low-burden study — it mainly involves using the online tool and providing feedback.

Key Eligibility Criteria

Inclusion (4)

- Participants must either be a current approved NSW family day care service provider or educator and must
- Be willing to provide informed consent and be willing to participate in the study.
- For service providers only
- Be developing or undergoing a review of their quality improvement plan (QIP) during the recruitment period of the study.

Exclusion (5)

- All participants (service providers and educators) will be excluded if they
- Do not have a basic understanding of spoken English.
- Participated in phase 1 of this research and therefore have used the online toolkit before.
- For service providers only
- Will not be undergoing a review of their quality improvement plan (QIP) at some point during the 6 months of recruitment

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000156482>

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