







FACULTY OF SPORT AND HEALTH SCIENCES

Arto Laukkanen, PhD, post-doc, University of Jyväskylä Donna Niemistö, MSc, doctoral student, University of Jyväskylä Taija Finni, PhD, professor, University of Jyväskylä Piritta Asunta, PhD, post-doc, LIKES research centre for physical activity and health Arja Sääkslahti, PhD, university researcher, University of Jyväskylä

PHYSICAL ACTIVITY PARENTING IN CHILDREN AT-RISK OF DEVELOPMENTAL COORDINATION DISORDER

BACKGROUND

It is generally known that the support parents provide to their children's physical activity (PA), i.e. physical activity parenting (PAP), plays a key role in children's PA and motor development.

Very little is known how parents provide support to their children who are at risk of developmental coordination disorder (DCD) compared to the parents with typically developing children.

RESEARCH QUESTIONS

This study examined how parents provide support to their children who are at risk of DCD compared to the parents with typically developing children.

METHODS

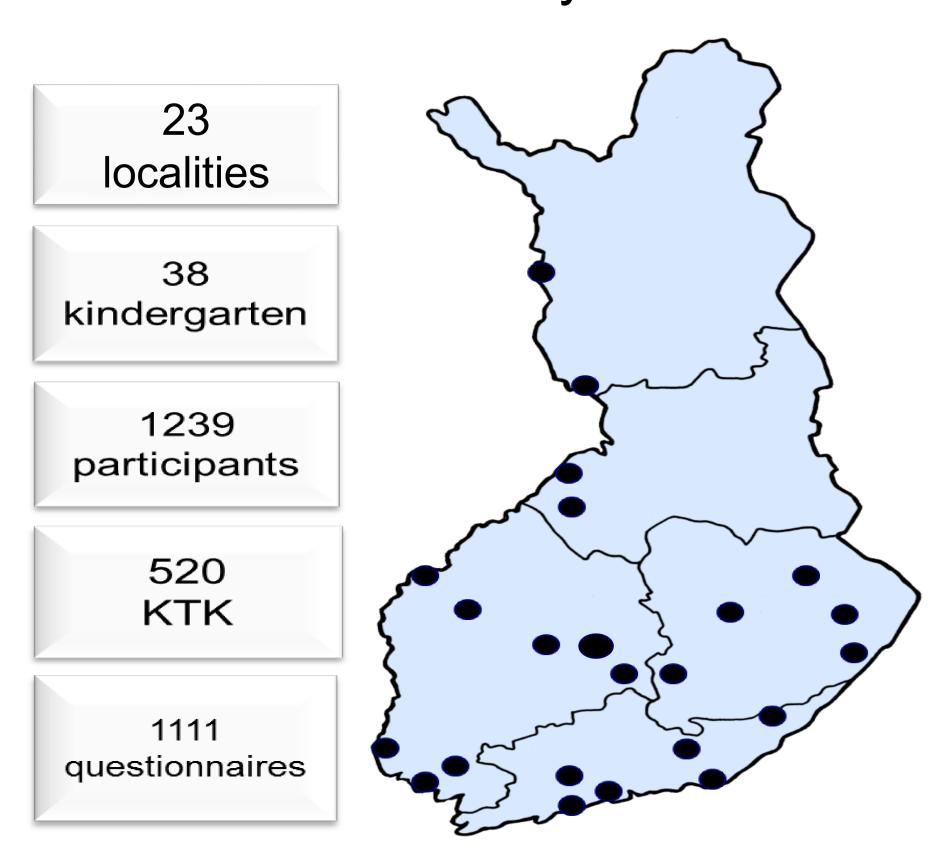
This study was based on the "Skilled Kids" -study, a geographically representative sample of young children attending childcare in Finland.

by parental questionnaire. Analyses were conducted by using mean frequency of self-reported support the parents provide weekly for their children via coparticipation in PA, (in)direct support for PA (transportation, clothes, equipment) and encouragement for PA.

MOTOR SKILLS of the subjects (n=425; 6.25 ± 0.62 years) were measured by Körperkoordinationstest für Kinder and those belonging to the lowest 5th centile in the normalized motor quotients were defined as children with 'probable DCD' (pDCD) (n=24). Additionally, parents evaluated the child's motor skills by answering to a tripartite question "When compared to the peers' motor skills', are your child's motor skills lower, equal or higher compared to the peers?"

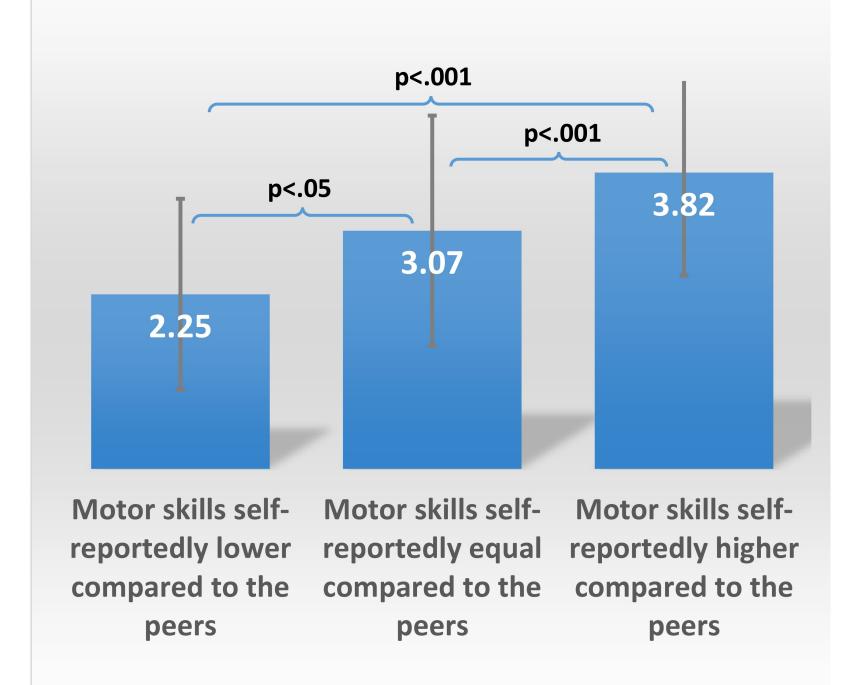
ANALYSES. Differences in physical activity parenting, firstly, between the parents' with pDCD child and the other parents, and secondly, between the parents evaluating child's motor skills as lower compared to the peers and the other parents, were investigated by one-way ANCOVAs with child's age and parent-reported health issue (yes / no) as covariates.

The Skilled Kids study in numbers



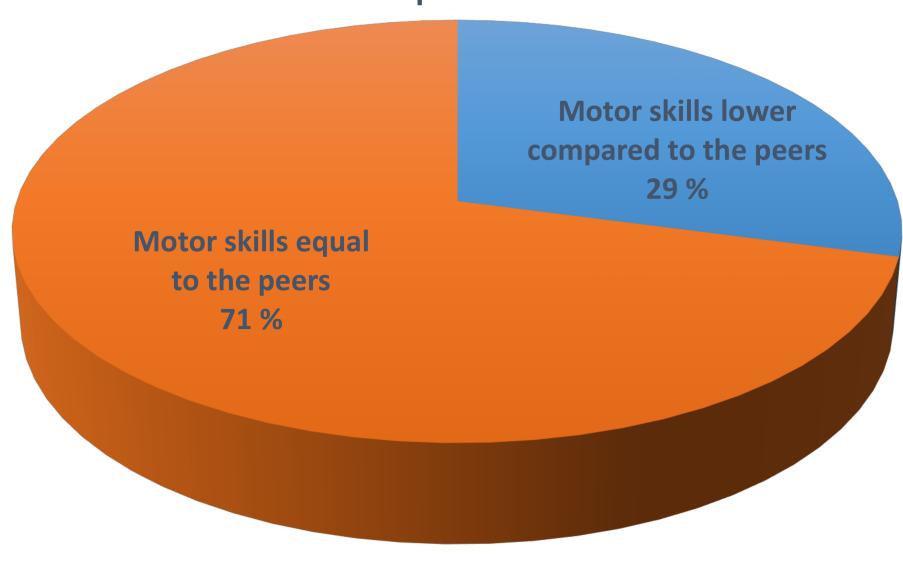
2.89 Probable DCD child Trequency of parental support for child's physical activity (times/week) 3.18 Other children





RESULTS





Skilled Kids researchers: Arja Sääkslahti (pink), Donna Niemistö (blue), Arto Laukkanen (green), Veera Nissinen (light pink), Elisa Korhonen (purple).

CONCLUSIONS

- → The amount of parental support for physical activity seems lower in children whose parents self-reportedly evaluate the child's motor skills to be worse compared to the peers
- → However, there was no difference in parental support between children with objectively assessed pDCD and the other children
- → There may be a detrimental interdependence between physical activity parenting and children's motor problems: weak motor skills may discourage parental support, and low level of support may impede motor development
- → Early identification of the detrimental interdependence might enhance children's motor development.

Additional information, homepages of the projects: https://www.jyu.fi/sport/fi/tutkimus/hankkeet/taitavat-tenavat https://www.jyu.fi/sport/fi/tutkimus/hankkeet/liikkuva-perhe



