

The Parental Blueprint: Active Leisure, Screen Time, and Sleep in Toddlerhood Promise Sport Involvement and Active Lifestyle Through to Early Adolescence

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Context

Youth lifestyle habits

In recent years, changes in youth lifestyle have raised international concern.

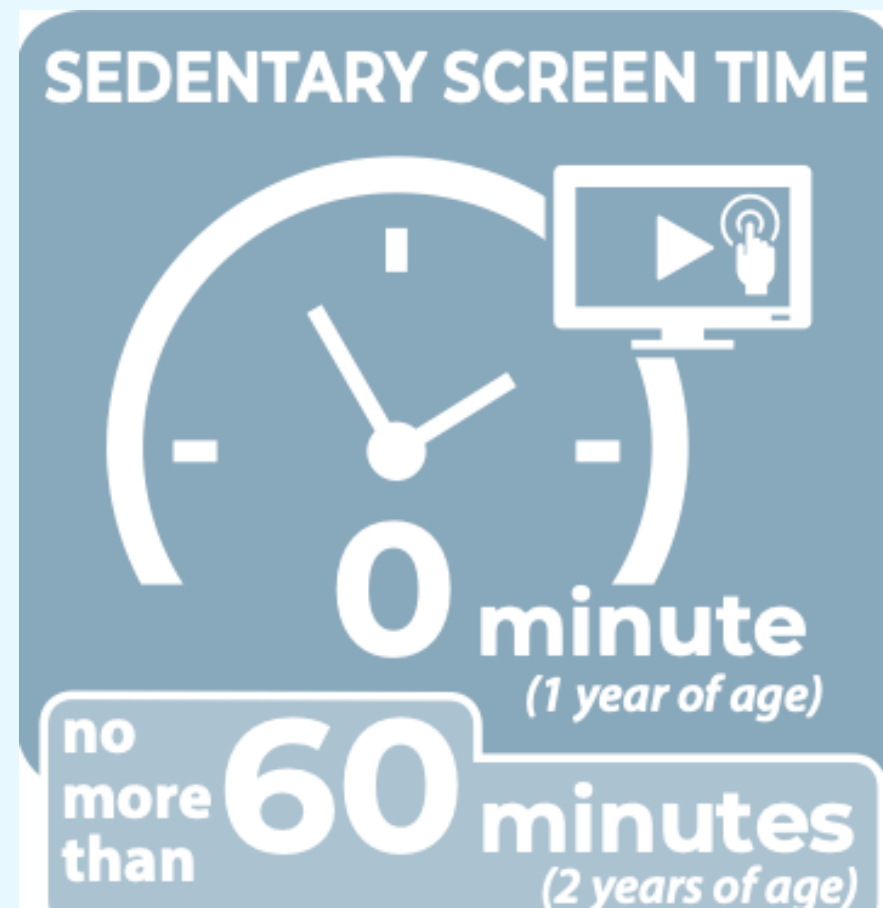
A concerning prevalence of physical inactivity is seen in youth today:

- 51% of toddlers
- 72% of children
- 81% of adolescents



Context

World Health Organization Guidelines on movement behaviors for children 2 years of age



Context

Early childhood

Representing a critical period of development during which lifestyle habits are formed and are likely to persist, early childhood is a key target for the promotion of healthy habits.

Being gatekeepers of socialization at this age, parents and family members play a crucial role in shaping child habits.



Objective

Spanning over a decade, these population-based prospective-longitudinal birth cohort studies aim to shed light on long-term associations between typical movement behaviors in toddlerhood and active lifestyle throughout childhood in boys and girls above and beyond confounding factors.

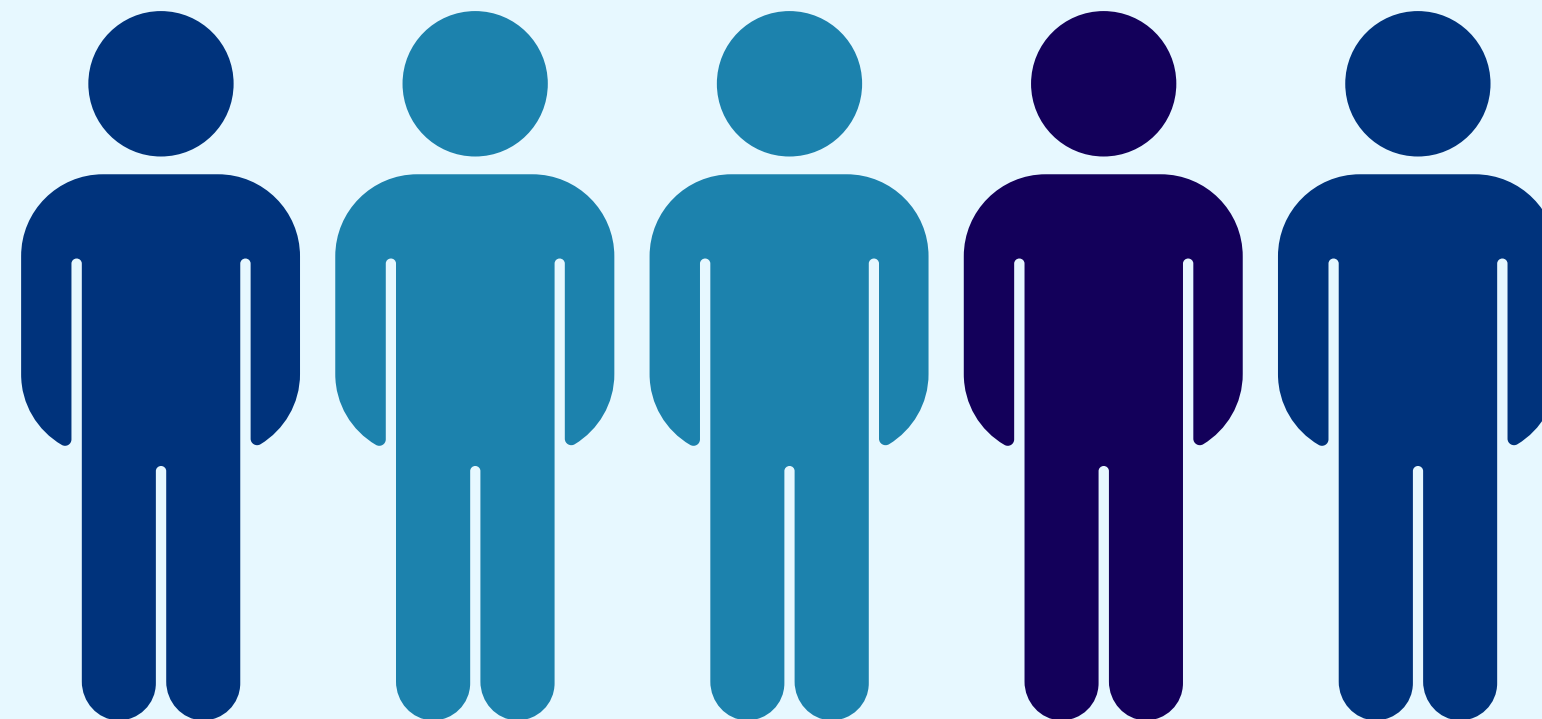


Participants

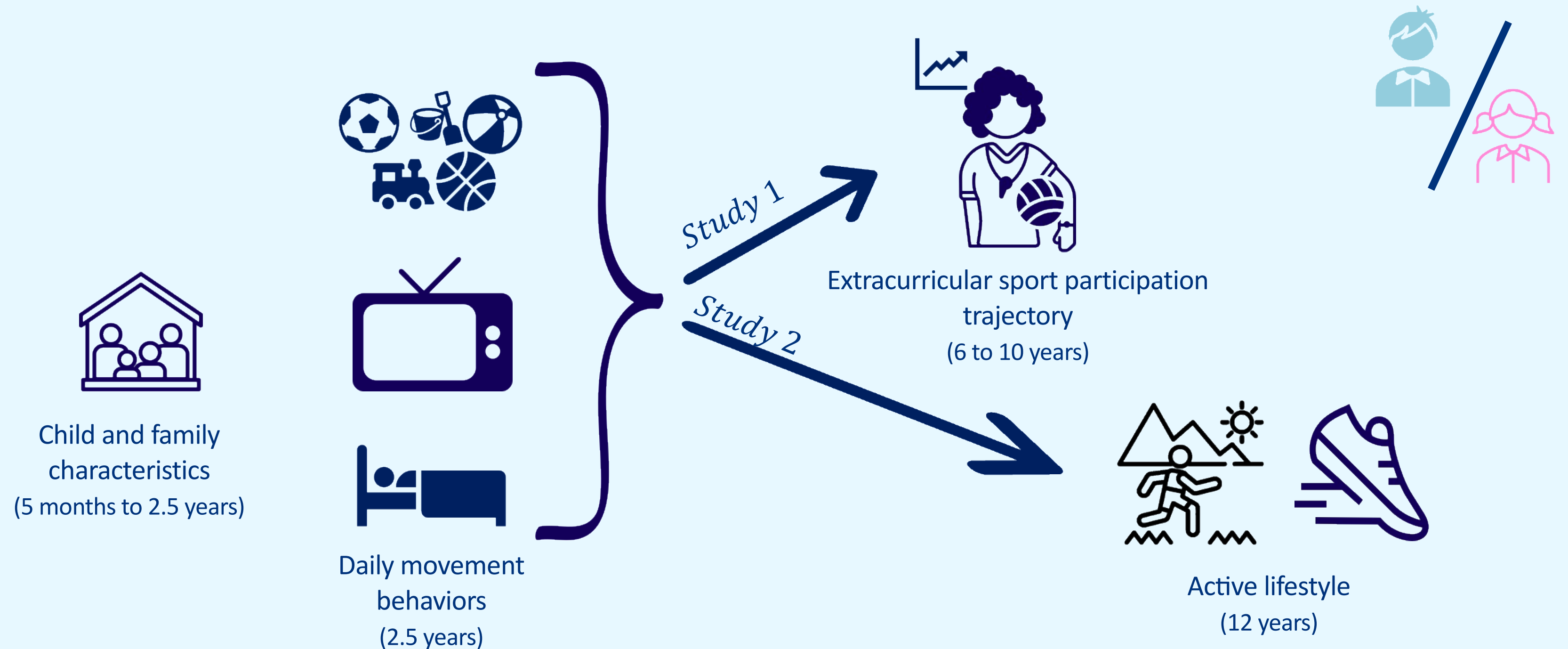
1 668 participants

from the Quebec Longitudinal Study
of Child Development (QLSCD) birth
cohort in Canada, coordinated by the
Institut de la Statistique du Québec

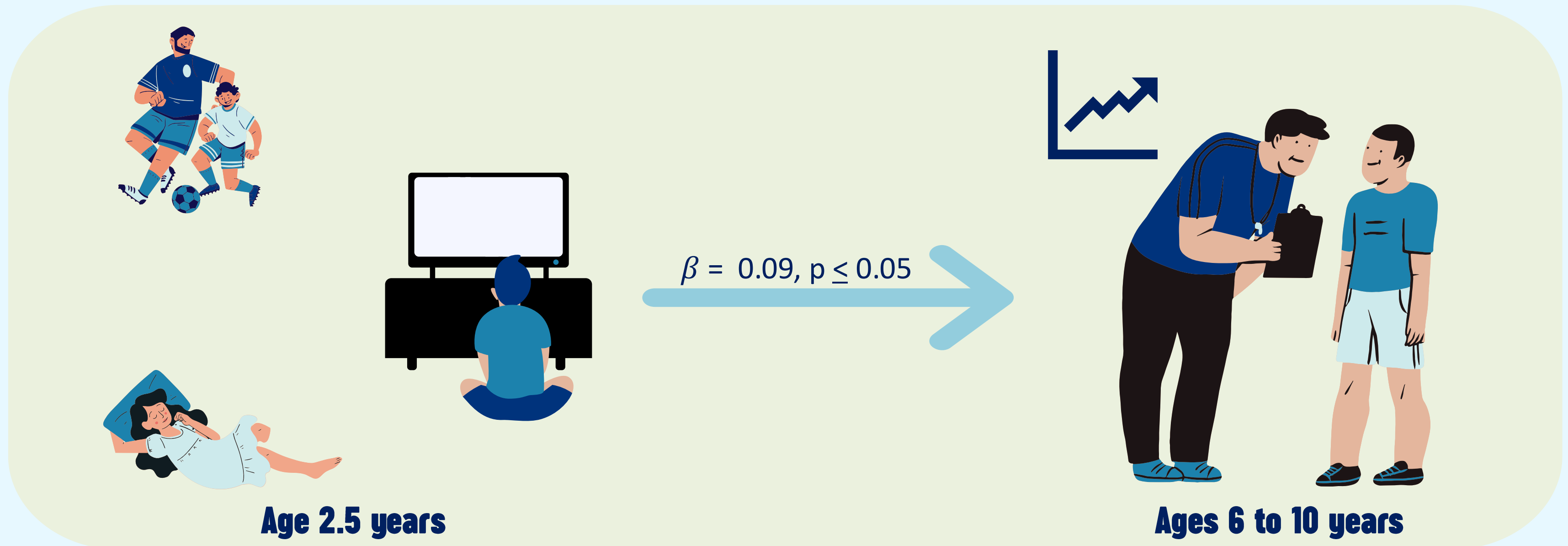
A subsample of 849 boys and 819 girls
who had complete data on movement
behaviors at age 2.5 years



Procedure

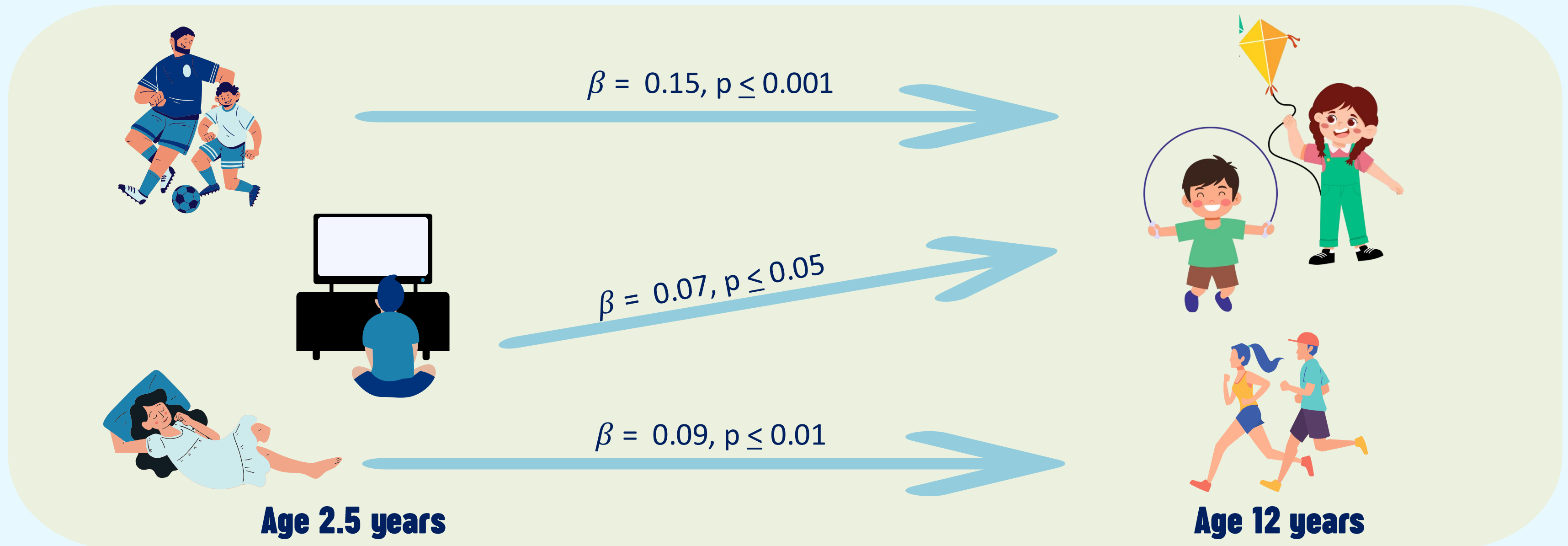


Results: Study 1



Among boys, regulated screen time restrained to less than one hour per day at 2.5 years was associated with a higher likelihood of belonging to a high and persistent sport participation trajectory.

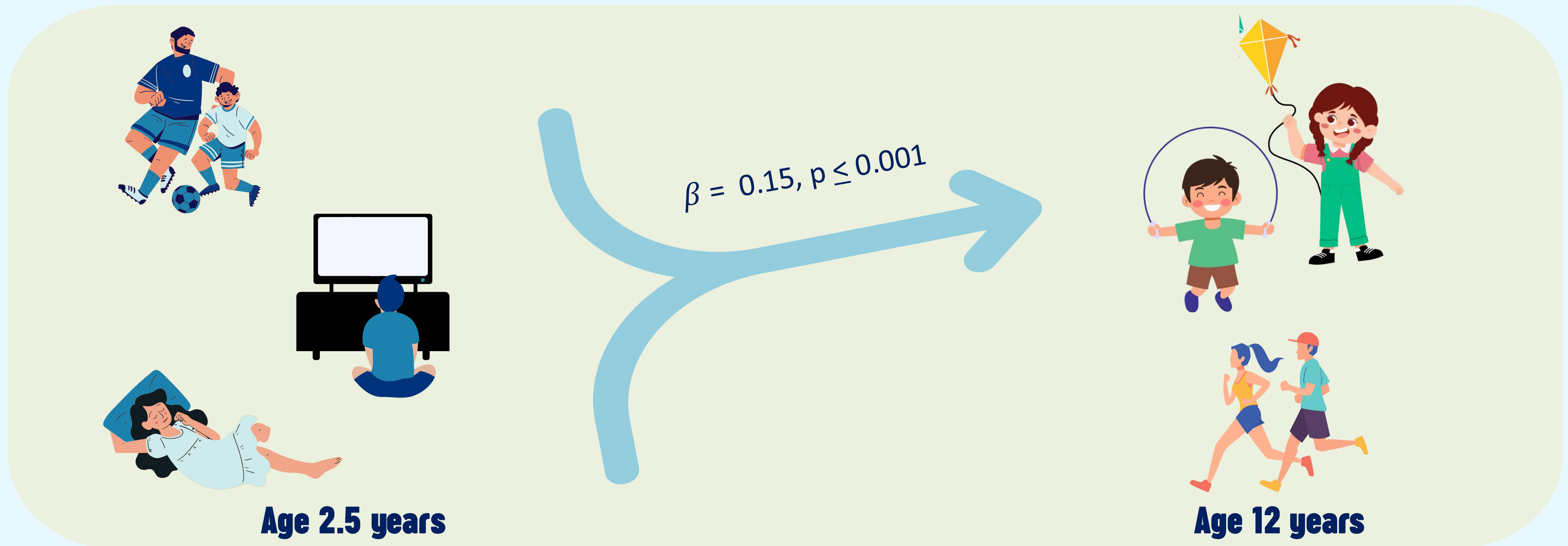
Results: Study 2



Participating in active leisure with a parent at least once a day and restricting sedentary screen time to less than one hour per day predicted more outdoor play for boys.

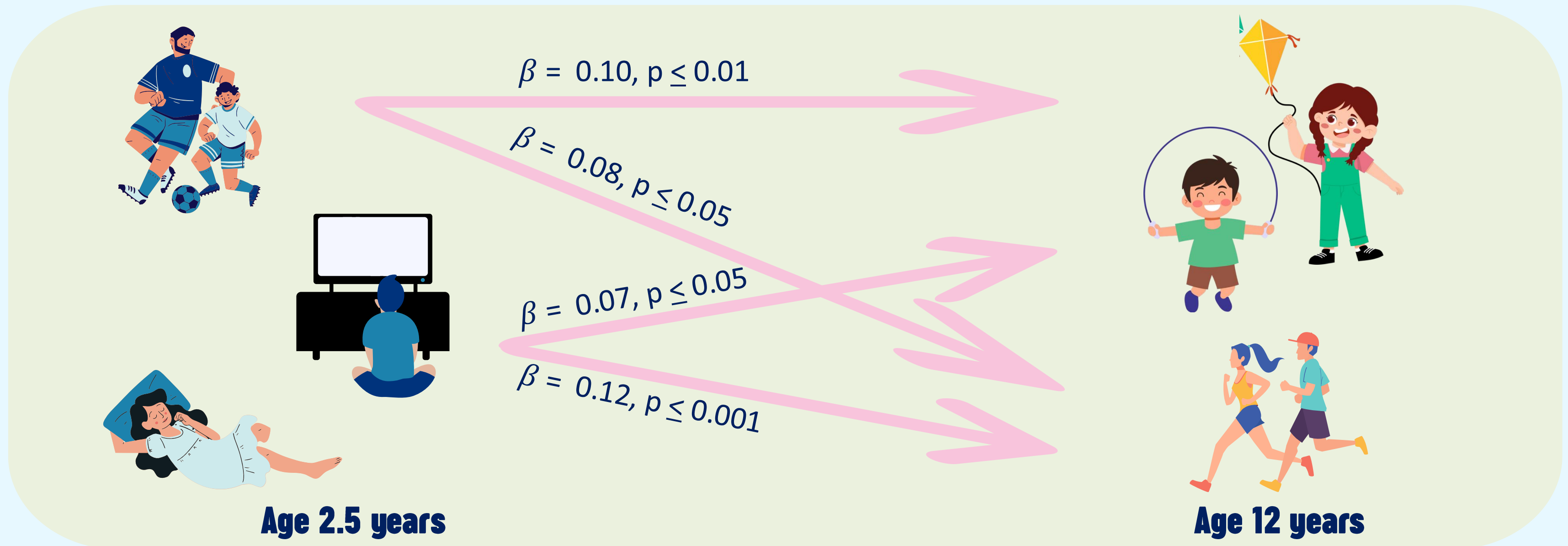
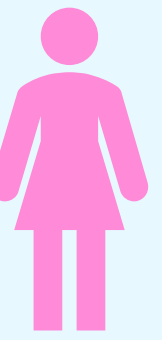
Sleeping within or above the recommended 11 to 14 hours subsequently led to greater leisure-time physical activity levels.

Results: Study 2



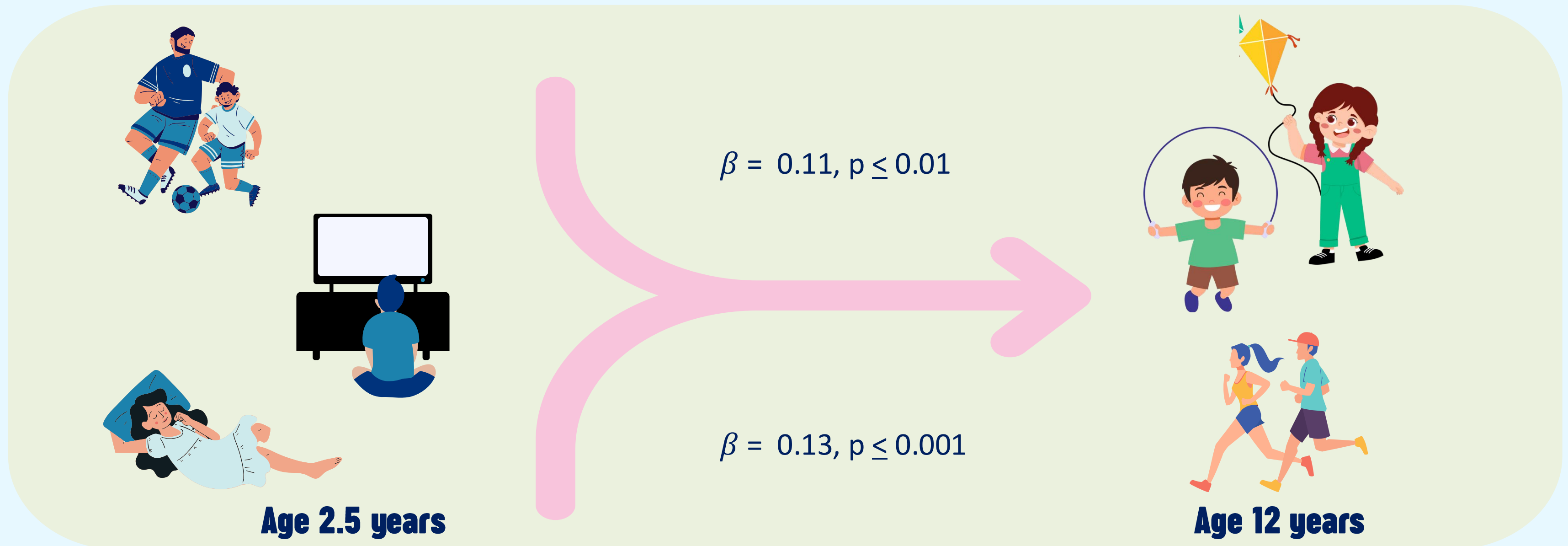
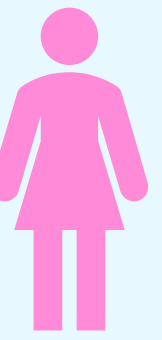
Partaking in more adequate daily movement behaviors was associated with more time spent playing outdoors for boys.

Results: Study 2



Participating in active leisure or less than one hour of screen time daily were associated with more time spent playing outdoors and higher levels of leisure-time physical activity for girls.

Results: Study 2



Partaking in more adequate daily movement behaviors was associated with more time spent playing outdoors and higher levels of leisure-time physical activity for girls.

Discussion



Adolescence is marked by an important decline in physical activity.

Organized sport participation trajectories and active leisure in later childhood are distinctly shaped by early movement behaviors for boys and girls.

This suggests that parenting behaviors during this sensitive developmental windows may have enduring implications for the adoption of healthy parental choices and lifestyle habits.

Conclusion

What's next

Parents, educators and policy-makers should consider different ways to encourage active habits for both sexes.

As a population-based initiative, public health information campaigns should promote early movement behaviours in the implementation of family lifestyle throughout childhood and adolescence.



HABITS BEGET HABITS

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