

AFLY5 Interview Topic Guide for Parents

Introduction

Thank you for sparing some time to speak to me today. I would like to ask you about health related teaching in schools. Anything that you tell me is confidential and will not be linked to you, your child or your child's school. You can stop at any time and if you later decide you don't want me to include what you said, just let me know. Firstly, what is the name of your child who is in Year 5?

Healthy lifestyles

1. What do you think makes us healthy?

Probe: Clarify for you/adults or children

- Anything else
- Diet
- Being active

Healthy eating: NB if at any time they mention AFLY5 ask if they mentioned it to anyone else- friends, family, other school staff.

2. Would you say you and your family have a healthy diet?

Probe: More detail

3. Thinking about [name of child in Year 5] do they have a healthy diet?

Probe: More detail

- Foods eaten- healthy/unhealthy examples
- Ease to change
- Barriers to change

4. Have you noticed any difference in what your child wants to eat recently?

Probe: More detail

- Timing of change
- Parental help to change
- Able/unable to change- cost, time, availability etc
- Influence/reason for change
- Parental changes

Physical activity

5. Have you noticed any difference in what your child does with their free time recently?

Probe: More detail inc. whether sedentary or active

- Timing of change
- Parental help to change
- Able/unable to change- cost, time, facilities etc
- Influence/reason for change
- Parental changes

School participation:

6. Are there any health related lessons that have been taking place at your child's school?

Probe: More detail inc. topic

- Timeframe
- How know about it

7. Are there any other school activities outside of lesson time that your child can take part in?

Probe: More details on activity

- Related to health
- Participation- reasons why/why not
- Change in participation

Homeworks/home participation:

8. Has your child brought home any homework related to health issues?

Probe: More details

- Opinion
- Provide help generally or specifically with these
- Time spent
- Level of involvement from parent

9. Have you ever discussed these ideas (and homeworks) with anyone else?

Probe: More detail- who, what etc.

Other school activities:

10. Being measured Do you remember your child bringing home an accelerometer? This is an activity monitor in a red box on a belt. They were asked to wear it on their hips to measure their physical activity levels.

Probe: Feelings about this

- Child's feelings about wearing
- Length time worn
- Problems/issues
- Incentives

Closing

That's all the questions we have for you today. Is there anything else you'd like to tell us about the things we talked about today?

Do you have any questions for me?

Thanks very much for your time and help with this we really appreciate you sharing your thoughts and opinions with us! Your answers will help us a lot since we will use your input to understand more about ways that we can help children to be more active and eat a healthy diet.