

**Supplementary material**

**Appendix - Interview topic guide**

At the start of the phone call the parent was welcomed and told the purpose of the study.

<p><b>Ice-breaker:</b></p> <p><b>Can you tell us the name of your child in year 1 and what their favourite physical activity/physically active thing to do is?</b></p> <p><b>We want to focus on your year 1 child, but could you tell us who else lives in the house hold, does (child name) have any brothers/ Sisters (and how old are they?)</b></p>		
<p><b>Part one: Some children are less physically active than others and some children spend more time in front of a screen than others, whether that is a TV, computer or computer games.</b></p>		
<b>Questions</b>	<b>Points of clarification/definitions</b>	<b>Prompts</b>
<p><b>How physical active do you think your year 1 child is?</b></p>	<p>(PA is anything that gets the body moving –it can be in the form of structured exercise or it can be free play, running around the garden, walking to school)</p>	<p>Why?(do you think that)</p> <p>What or who are they comparing against?</p>
<p><b>What about screen time?</b></p> <p><b>Are you concerned about your child’s screen time/amount of screen time?</b></p> <p><b>How do you feel about the amount of time spent screen viewing?</b></p>	<p>By screen viewing we mean computers, laptops, games consoles, iPad, iPhone/smart phones, not just TV)</p>	<p>What is the reason you are/ are not concerned? Do you feel SV is a good or bad thing?</p> <p>Why?</p> <p>Why?</p>

**Part two: For some families/parents, it may be easier to encourage their children to be active. For others, it may be easier to try and reduce their children's' screen-time**

<b>Questions</b>	<b>Points of clarification/definitions</b>	<b>Prompts</b>
<b>Do you have a preference for which of these activities you try to change?</b>		Why?
<b>How easy do you find it to reduce your child's SV time?</b>	Are there times when it's easier or more difficult to change/stop?	Why these times? How do you do this?
<b>How easy do you find it to increase/find ways to increase your child's PA?</b>	Are there times when it's easier or more difficult to change?	Why these times? How do you change it?
<b>1b) Are there specific times /situations when you need to challenge your child's PA behaviour?</b>  <b>Bi) And what about screen viewing?</b>	Can you give me an example of a time?  How do they challenge?	
<b>When do you not</b>		If not sure suggest i.e.

<p><b>challenge? (the PA behaviour, the SV behaviour?)</b></p>		<p>morning/ evening/ when the family is tired.</p>
<p><b>Are there any times when you have encouraged your child's PA and discouraged SV? Or when you have suggested PA as a direct alternative to SVing?</b></p>	<p>What did you try? Did it work?</p>	<p>Any tactics you have, any incentives you use etc. Can you give me an example?</p>
<p><b>1c) Do you feel you are able to give consistent messages to your child? For example, 'you cannot watch TV after 5pm'. If not, what reasons make it difficult for you to do this?</b></p> <p><b>Relaxing Rules: Do you sometimes relax these rules? Why?</b></p>	<p>E.g. it gives you a bit more time to yourself, it gives you the chance to be active, get other things done...</p>	<p>Is this different at weekends or during school holidays?</p> <p>Do you have any rules on PA, for example, always have to play outside before being allowed SV time at the weekend?</p>

<p><b>Part three: I now want you to think about your child's PA and the choices that you make</b></p>		
<p><b>Questions</b></p>	<p><b>Points of clarification/definitions</b></p>	<p><b>Prompts</b></p>

<p><b>How much do you think that these choices are influenced by you and how much by your child?</b></p> <p><b>Do your child's requests (pester power) influence your decisions on screen viewing?</b></p>	<p>How does it influence you?</p>	<p>How strong an influence is it? Do you pay attention? (to the pester power)</p>
<p><b>How about requests in relation to PA?</b></p>	<p>How does it influence you?</p>	<p>How strong an influence is it? Do you pay attention?</p>
<p><b>Do you ever have disagreements with your child about screen viewing?</b></p>	<p>What are they about?</p>	<p>How do you resolve those arguments?</p> <p>What specifically causes arguments? i.e. time spent SV/ Content of SV.</p>

<p><b>Part four: We now want to think about how your child's friends can affect you and your child's decisions</b></p>		
<p><b>Questions</b></p>	<p><b>Points of clarification/definitions</b></p>	<p><b>Prompts</b></p>
<p><b>We know that children's friends can sometimes influence <i>their</i> preferences and choices for SVing. Is this the case for your child?</b></p>	<p>Examples: certain programmes, game choices</p>	<p>If so how does it influence your child? How do you respond to these questions?</p>

<p>And what about his/her siblings? How do they influence their SV choices?</p> <p>Does the sibling's preferences for particular TV shows affect this child's preferences?</p> <p>How?</p> <p>If more than one sibling, explore any differences by sibling age</p>		
<p><b>Do their friends influence their choices or preferences for PA?</b></p> <p><b>And what about his/her siblings? How do they influence their PA choices/preferences?</b></p> <p>Does the sibling's preferences or what they currently do affect preferences?</p> <p>How?</p> <p>If more than one sibling, explore any differences by sibling age</p>	<p>Examples: certain clubs or sports, types of free play</p>	<p>If so how? How do you handle requests based on friends/siblings input?</p>

<p><b>Part six: The next questions are about possible alternatives to screen-viewing.</b></p>		
<p><b>Questions</b></p>	<p><b>Points of clarification/definitions</b></p>	<p><b>Prompts</b></p>
<p>Do you use SVing as 'down/quiet time'?</p>	<p>Dinner time, before bed, in the morning</p>	<p>Why? What factor affect this decision? Time, need to get other things done etc.</p>
<p>Can you think of any "quiet time" alternatives to screen-</p>		

viewing?		
<p>Do you think you need additional support in reducing SVing and increasing PA?</p> <p>(If yes- ‘What would be helpful’?)</p> <p>If no’ ‘What if anything do you think would be helpful to other families?’)</p>	list/booklet of dry and wet weather activities, workshops to practise games, personal support	How could that information best be shared? E.g face to face, web/phone or email?

**Part seven: These next questions focus on ways to be active as a family or with other families**

<b>Questions</b>	<b>Points of clarification/definitions</b>
<p>Is this (being active with your family) something that you do as a family?</p> <p>What about being active with other families?</p>	Can you give me a recent example
What are the barriers?/what factors stop this from taking place?	Siblings/ age of siblings/ time
What could be done to make being active together as a family easier or more enjoyable?	

**CLOSING (2-3 minutes)**

- Is there anything else you’d like to tell us about the things we talked about today?
- Do you have any questions for me?