

Table S1: Average (minutes/day) weekday and weekend day sitting behaviours amongst children and parents

	Children			Parents		
	Weekday Mean mins/day (±SD)	Weekend day Mean mins/day (±SD)	p- value	Weekday Mean mins/day (±SD)	Weekend day Mean mins/day (±SD)	p- value
Watching TV/videos/DVDs	53.8 (±52.6)	102.1 (±96.9)	<0.001	82.9 (85.0)	109.9 (99.2)	<0.001
Using a tablet/smart phone for leisure	43.3 (±61.4)	76.3 (±100.8)	<0.001	75.4 (110.0)	97.0 (125.9)	<0.001
Using the computer/laptop for leisure	35.5 (±68.3)	67.8 (±110.6)	<0.001	33.3 (59.8)	44.1 (89.9)	<0.001
Talking to others (in person or on the phone)	35.3 (±71.3)	54.3 (±98.5)	<0.001	45.6 (93.7)	57.7 (95.5)	<0.001
Playing or listening to music	32.0 (±72.9)	52.2 (±105.9)	<0.001	25.5 (87.0)	35.2 (104.6)	0.002
Completing paperwork/writing/studying/ homework	29.5 (±65.7)	19.3 (±61.2)	<0.001	14.4 (41.0)	15.7 (57.5)	0.409
Using the computer/laptop for homework/work	25.3 (±58.5)	23.8 (±68.7)	0.634	54.7 (107.9)	40.4 (82.7)	0.013
Reading for leisure	21.3 (±29.9)	30.7 (±45.1)	<0.001	25.2 (47.8)	35.1 (65.1)	<0.001
Using game consoles	16.8 (±43.1)	40.4 (±83.9)	<0.001	1.1 (7.9)	3.2 (28.3)	0.043
Reading for homework/work	18.6 (±41.9)	17.3 (±65.3)	0.551	10.3 (31.7)	10.1 (55.7)	0.574
Pretend play	11.0 (±21.4)	23.3 (±44.3)	<0.001	5.6 (62.8)	3.7 (30.7)	0.017
Doing artwork or crafts	10.7 (±21.3)	22.0 (±37.6)	<0.001	7.8 (29.4)	12.1 (46.44)	0.002
Completing chores	11.7 (±31.9)	17.6 (±43.9)	<0.001	50.0 (100.0)	67.9 (126.3)	<0.001
Using a tablet/smart phone for homework/work	9.2 (±27.0)	5.8 (±22.7)	0.173	16.5 (62.8)	12.1 (40.0)	0.893
Preparing and cooking food	3.8 (±12.4)	5.1 (±12.1)	<0.001	27.0 (71.7)	30.0 (70.1)	<0.001
Total sitting behaviours	350.2 (±246.2)	580.1 (380)	<0.001	459.1 (461.3)	598.2 (711.1)	<0.001
Total screen-based sitting behaviours	173.9 (±142.9)	318.5 (±241.6)	<0.001	264.6 (250.4)	322.0 (300.9)	<0.001
Total non-screen-based sitting behaviours	167.8 (±159.1)	249.7 (±221.8)	<0.001	197.0 (287.3)	263.1 (447.6)	<0.001

Differences between weekdays and weekend days examined by paired samples t-test, significant differences in bold.