

[illegible]

	Male	Female	Prefer not to say
Child 1	☐	☐	☐
Child 2	☐	☐	☐
Child 3	☐	☐	☐
Child 4	☐	☐	☐
Child 5	☐	☐	☐

	Yes	No	Prefer not to say
Child 1	☐	☐	☐
Child 2	☐	☐	☐
Child 3	☐	☐	☐
Child 4	☐	☐	☐
Child 5	☐	☐	☐

(Tummy time can be described as placing an awake and supervised baby on their stomach for short periods to strengthen their neck, back, and shoulder muscles.)

Child 1	☐	☐	☐	☐	☐
Child 2	☐	☐	☐	☐	☐
Child 3	☐	☐	☐	☐	☐
Child 4	☐	☐	☐	☐	☐
Child 5	☐	☐	☐	☐	☐

[illegible]

Would you say your child/children are physically active when they are at preschool/child-minder or nursery?

	Yes	No	I'm not sure	My child does not attend preschool/child-minder or nursery
Child 1	☐	☐	☐	☐
Child 2	☐	☐	☐	☐
Child 3	☐	☐	☐	☐
Child 4	☐	☐	☐	☐
Child 5	☐	☐	☐	☐

Please tell us which of these activities your child/children have engaged in over the last week?
(Please tick all that apply)

	Organised activity such as rugby tots and play groups and soft play	Jumping, skipping, hopping	Walking, running	Cycling, scooting	Throwing, catching	Swimming	Messy play	Football	Dancing	Physical activity is limited due to child/children disability	Physical activity is limited due to parent d isability	Other physical activity
Child 1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Child 2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Child 3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Child 4	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Child 5	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

If 'Other physical activity' please specify here:

Child 1

How many hours does your child spend in these activities during the week?

	0	Less than an hour	1-2 hours	3-4 hours	5+ hours
Organised activity such as rugby tots and play groups and soft play	☐	☐	☐	☐	☐
Jumping, skipping, hopping	☐	☐	☐	☐	☐
Walking, running	☐	☐	☐	☐	☐
Cycling, scooting	☐	☐	☐	☐	☐
Throwing, catching	☐	☐	☐	☐	☐
Swimming	☐	☐	☐	☐	☐
Messy play	☐	☐	☐	☐	☐
Football	☐	☐	☐	☐	☐
Dancing	☐	☐	☐	☐	☐
Other physical activity	☐	☐	☐	☐	☐

Child 2

How many hours does your child spend in these activities during the week?

	0	Less than an hour	1-2 hours	3-4 hours	5+ hours
Organised activity such as rugby tots and play groups and soft play	☐	☐	☐	☐	☐
Jumping, skipping, hopping	☐	☐	☐	☐	☐
Walking, running	☐	☐	☐	☐	☐
Cycling, scooting	☐	☐	☐	☐	☐
Throwing, catching	☐	☐	☐	☐	☐
Swimming	☐	☐	☐	☐	☐
Messy play	☐	☐	☐	☐	☐
Football	☐	☐	☐	☐	☐
Dancing	☐	☐	☐	☐	☐
Other physical activity	☐	☐	☐	☐	☐

Child 3

How many hours does your child spend in these activities during the week?

	0	Less than an hour	1-2 hours	3-4 hours	5+ hours
Organised activity such as rugby tots and play groups and soft play	☐	☐	☐	☐	☐
Jumping, skipping, hopping	☐	☐	☐	☐	☐
Walking, running	☐	☐	☐	☐	☐
Cycling, scooting	☐	☐	☐	☐	☐
Throwing, catching	☐	☐	☐	☐	☐
Swimming	☐	☐	☐	☐	☐
Messy play	☐	☐	☐	☐	☐
Football	☐	☐	☐	☐	☐
Dancing	☐	☐	☐	☐	☐
Other physical activity	☐	☐	☐	☐	☐

Child 4

How many hours does your child spend in these activities during the week?

	0	Less than an hour	1-2 hours	3-4 hours	5+ hours
Organised activity such as rugby tots and play groups and soft play	☐	☐	☐	☐	☐
Jumping, skipping, hopping	☐	☐	☐	☐	☐
Walking, running	☐	☐	☐	☐	☐
Cycling, scooting	☐	☐	☐	☐	☐
Throwing, catching	☐	☐	☐	☐	☐
Swimming	☐	☐	☐	☐	☐
Messy play	☐	☐	☐	☐	☐
Football	☐	☐	☐	☐	☐
Dancing	☐	☐	☐	☐	☐
Other physical activity	☐	☐	☐	☐	☐

Child 5

How many hours does your child spend in these activities during the week?

	0	Less than an hour	1-2 hours	3-4 hours	5+ hours
Organised activity such as rugby tots and play groups and soft play	☐	☐	☐	☐	☐
Jumping, skipping, hopping	☐	☐	☐	☐	☐
Walking, running	☐	☐	☐	☐	☐
Cycling, scooting	☐	☐	☐	☐	☐
Throwing, catching	☐	☐	☐	☐	☐
Swimming	☐	☐	☐	☐	☐
Messy play	☐	☐	☐	☐	☐
Football	☐	☐	☐	☐	☐
Dancing	☐	☐	☐	☐	☐
Other physical activity	☐	☐	☐	☐	☐

Child 1

How often does your child use the following in a typical week?

	Daily	Once/twice a week	Once/twice a month	Rarely
Park facilities/ public playgrounds to play	☐	☐	☐	☐
Open areas such as beaches, riverside, woodland or hills	☐	☐	☐	☐

Child 2

How often does your child use the following in a typical week?

	Daily	Once/twice a week	Once/twice a month	Rarely
Park facilities/ public playgrounds to play	☐	☐	☐	☐
Open areas such as beaches, riverside, woodland or hills	☐	☐	☐	☐

Child 3

How often does your child use the following in a typical week?

	Daily	Once/twice a week	Once/twice a month	Rarely
Park facilities/ public playgrounds to play	☐	☐	☐	☐
Open areas such as beaches, riverside, woodland or hills	☐	☐	☐	☐

Child 4

How often does your child use the following in a typical week?

	Daily	Once/twice a week	Once/twice a month	Rarely
Park facilities/ public playgrounds to play	☐	☐	☐	☐
Open areas such as beaches, riverside, woodland or hills	☐	☐	☐	☐

Child 5

How often does your child use the following in a typical week?

	Daily	Once/twice a week	Once/twice a month	Rarely
Park facilities/ public playgrounds to play	☐	☐	☐	☐
Open areas such as beaches, riverside, woodland or hills	☐	☐	☐	☐

How much do you agree or disagree with the following statements:

	Strongly agree	Agree	Neither	Disagree	Strongly disagree
"My child/children enjoys being physically active"	☐	☐	☐	☐	☐
"I am physically active with my child/children"	☐	☐	☐	☐	☐
"I feel confident when I am physically active with my child/children"	☐	☐	☐	☐	☐
"I understand why being physically active is good for me and my child/children"	☐	☐	☐	☐	☐
"I know how to get involved and improve my skills in lots of different types of physical activity"	☐	☐	☐	☐	☐
"It is safe for my child/children to play outdoors in my neighbourhood (if supervised)"	☐	☐	☐	☐	☐
"There are accessible footpaths on most of the streets in my local area"	☐	☐	☐	☐	☐
"There are sufficient traffic lights or pedestrian crossings to make it safe to walk with my child/children in my neighbourhood"	☐	☐	☐	☐	☐
"The local shop (s) are within easy walking distance of my home" <i>(Half to one mile)</i>	☐	☐	☐	☐	☐
"The local park is within easy walking distance of my home" <i>(Half to one mile)</i>	☐	☐	☐	☐	☐

If you have any other comments, suggestions or feedback you'd like to make, please provide details here:

About you

How confident are you in supporting your child/children's physical development to reach the National Physical Activity Guidelines?

	Very confident	Fairly confident	Neither	Fairly unconfident	Very unconfident
Child 1	☐	☐	☐	☐	☐
Child 2	☐	☐	☐	☐	☐
Child 3	☐	☐	☐	☐	☐
Child 4	☐	☐	☐	☐	☐
Child 5	☐	☐	☐	☐	☐

Are you registered with any Family Hubs in Southampton?

Yes ☐ No ☐ I'm not sure ☐

If yes, do you attend any services ran by Family Hubs?

Yes ☐ No ☐ I'm not sure ☐

What is your postcode? (This is to understand opinions across the city and will not be used to contact you or identify you in any way)

Thank you for your time. Please return completed surveys to:
Consultations, First Floor, West Wing, Civic Centre, Southampton, SO14 7LY.

The information collected about you during this survey will only be used for the purposes of research. We may use it to contact you about this. We will only share your information with other organisations or council departments if we need to. The survey responses will be analysed by Southampton City Council. We may also share it to prevent, investigate or prosecute criminal offences, or as the law otherwise allows. Please be aware that any comments given on this form may be published in reports. However, the council will endeavour to remove any references that could identify individuals or organisations. Our Privacy Policy (<https://www.southampton.gov.uk/contact-us/privacy-cookies/privacy-policy/>) explains how we handle your personal data, and we can provide a copy if you are unable to access the Internet.