



# ARE YOU A PARENT OF A 3-5 YEAR-OLD CHILD WHO WAS BORN VERY PRETERM?

Would you like support with  
engaging your child in  
community-based physical activity?



The aim of the Active-Prem Study is to support 3-5 year-old children born very preterm to be more physically active in their local community.

This study was designed in collaboration with researchers, parents, health professionals and physical activity coaches.

Active-Prem is looking for families to participate in a research study that will compare two interventions to find out which is most effective.

## Active-Prem Intervention

- Support matching your child with a recreational physical activity in your community
- An online support program for parent/s and carer/s
- One term of physical activity with a coach upskilled as part of Active-Prem

## Goal Setting Intervention

- A structured physical activity goal setting session with a physiotherapist or occupational therapist
- A detailed report on your child's physical activity

## Who can be involved?

- Children aged **3-5 years** who were born **less than 32 weeks' gestation** and their parent or carer.
- Children and their parent/carer will need to be living in **Australia**

## Find out more @ [www.active-prem.com](http://www.active-prem.com)

If you would like more information or would like to express your interest in being part of this study, please complete the expression of interest form by clicking on the link or using the QR code.



This project has ethics approval from the University of Melbourne Human Research and Ethics Committee (Ethics ID number: 2024-31093-61406-2). This study is registered: ACTRN12625000183482