Would you like to participate in the study? Read the study information sheet and complete the consent form by scanning the QR code:

PARENT/CAREGIVER INFORMATION SHEET

SUNRISE Finland Follow-up Study:

Physical Activity, Sedentary Behaviour, Sleep, Digital Media Use, Health and Well-being from Early Childhood to School Age

Dear Parent or Caregiver,

Your child was invited to participate in the SUNRISE Finland study in 2022-2023 when they were 3-4 years old. A total of 1,081 children and 1,485 parents participated in Helsinki, Espoo, Turku, Kuopio, Oulu, and surrounding areas. We would now like to invite your family to participate in the follow-up phase of the study, in which we will investigate children as they transition to school age.

The SUNRISE Finland follow-up study is conducted by the Folkhälsan Research Center in collaboration with the University of Helsinki, ODL Sports Clinic in Oulu, and the University of Oulu. The study has received funding from for example the Research Council of Finland.

If you would like to participate in the study together with your child, please complete the electronic consent form (**the link and QR code for providing consent can be found in this information sheet**). In addition, we kindly ask you, if possible, to provide us with the email address of your child's other parent if they have not received an invitation to the study. After providing consent, you can proceed to complete the electronic questionnaire, or you may request a paper version of the questionnaire. Please read this information sheet carefully before deciding whether you wish to participate. Participation in the study is voluntary.

Why is this study being conducted?

A child's daily life includes physical activity, sedentary behaviour, sleep, and increasingly also digital media use. These daily habits are important for children's growth, learning, health, and well-being. However, we still know relatively little about how these habits change from early childhood to school age and how they are associated with children's health and well-being.

Starting school is one of the most significant transitions in childhood. Daily routines change, children's independence increases, and the use of digital devices often becomes more common. At the same time, physical activity and sleep habits may also change. We need more research evidence on the factors that support the well-being of children and families during this stage of life.

What are we studying?

The study examines how children's physical activity, sedentary behaviour, sleep, and digital media use have changed from early childhood to school age. We also investigate how these

daily habits are associated with children's growth, psychosocial well-being, and executive functioning.

In addition, we study parents' physical activity, sedentary behavior, sleep, well-being, coping, and digital media use, and how the daily habits of children and parents are related to one another. We also examine, among other things, the role of nature exposure and the residential environment in the well-being of children and parents, and which other sociodemographic factors are associated with movement behaviors, digital media use, and well-being among children and parents. The aim of the study is to generate knowledge that can help promote and support the well-being of children and families in the long term.

What does participation involve?

The study is conducted at home. After you provide your consent to participate, we will send a study package to your home containing the necessary study materials and detailed instructions. You may participate in all study components or only in selected parts. The study includes the following components:

Activity Monitors: The child wears an activity monitor attached to the waist with an elastic belt, and the parent(s) wear a watch-like activity monitor on the wrist for seven full consecutive days. The monitors measure physical activity, sedentary behaviour, and sleep during everyday life. The monitors do not record sound or location data. The parent also completes an activity diary concerning both their own and their child's week. The monitors are delivered to your home as part of the study package.

Home Measurements: Using study instructions, parent measures or reports on their own and the child's height, weight, and waist circumference. A measuring tape and instructions are included in the study package.

Questionnaire (Paper or Digital): The questionnaire consists of two parts: one about the parent or caregiver and one about the child. Completing both parts takes approximately 30 minutes. Only one parent or caregiver needs to complete the part about the child. The questionnaire collects information on background characteristics of the child and parent (such as age, education, income, country of birth, family composition, and housing arrangements), digital media use, social relationships and well-being, parental mental health symptoms and parental burnout, the child's psychosocial well-being (such as behaviour, emotions, and interactions with others) and behavioural difficulties, the parent's perceived cognitive functioning in daily life, and environmental factors such as yard greenery and nature-related activities. We hope that you will answer all questions, but you may choose to skip any individual questions if you wish.

Game-Based Remote Tasks: The child participates in a task session lasting approximately 15 minutes via video call with a researcher. The tasks resemble short and enjoyable games and are used to assess working memory, attention, and other executive functioning skills. The parent schedules a suitable time for the remote session and is present during the video call.

In the first task (approximately 7 minutes), the child follows the researcher's instructions and performs simple play-based actions (such as touching their head, shoulders, or knees). This task measures behavioural and response regulation (inhibitory control). In the working memory task (approximately 7 minutes), the child listens to number sequences and repeats them according to the researcher's instructions.

At the end of the study period, you will return the activity monitors and other study materials using a prepaid return envelope.

What are the benefits of participation?

By participating, and if you wish, you will receive a summary of your own and your child's physical activity, sedentary behaviour, and sleep within approximately two months of participation. Four (4) gift cards worth €50 each to a store selling leisure, outdoor, and sports products will be raffled among study participants. In addition, each child will receive a colourful diploma and a SUNRISE teddy bear keychain as a keepsake for participating in the study. After the follow-up study has been completed (after 2027), you will also receive a summary of the national-level study findings. By participating, you contribute to research that advances knowledge about the well-being of children and families.

Are there any risks associated with participation?

Participation in the study is not expected to involve any risks or disadvantages beyond those encountered in normal daily life. Participation requires some amount of time, and wearing an activity monitor or measuring waist circumference may initially feel different from usual. The game-based tasks are designed to be suitable for children and are brief in duration.

Is participation voluntary?

Participation in the study is entirely voluntary. You and your child may decide whether or not to participate and choosing not to participate will not result in any disadvantages. You may also withdraw from the study at any time.

How will the collected data be handled?

All information collected in the study will be treated confidentially and in accordance with applicable data protection legislation. The research data will be pseudonymised, meaning that direct identifying information (such as names and contact details) will be removed before analysis. Individual participants cannot be identified during the analysis phase or from research publications, reports, or presentations. The study results will be published in scientific publications, theses, research reports, and presentations related to the study topics. Results will always be reported at group level so that individual participants cannot be identified. More detailed information about the processing of personal data is provided in a separate **Privacy Notice,** which can be accessed from our website.

If you would like to participate in the study, please complete the consent form: Webropol

If you have any questions about the study or participation, please contact:

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