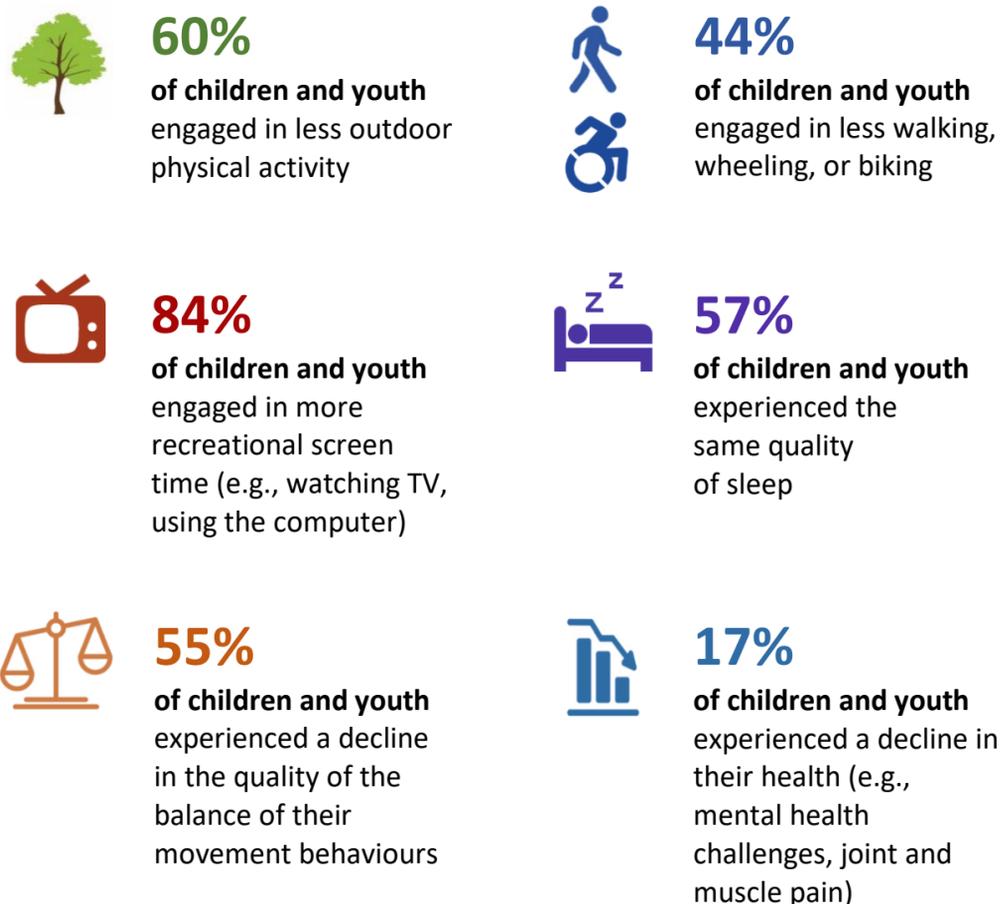


# Impact of the COVID-19 Pandemic on the Movement Behaviours of Canadian Children and Youth with Disabilities: Baseline Survey Results



In Spring 2020, researchers from the National Physical Activity Measurement (NPAM) Study<sup>†</sup> conducted a survey among 151 parents of a child with a disability to understand how the COVID-19 pandemic has impacted their child's movement behaviours (i.e., physical activity, sedentary behaviour, and sleep) and overall health.

## In comparison to before the pandemic and related restrictions:



Despite these challenges, children and youth, and their families, started new indoor and outdoor hobbies!



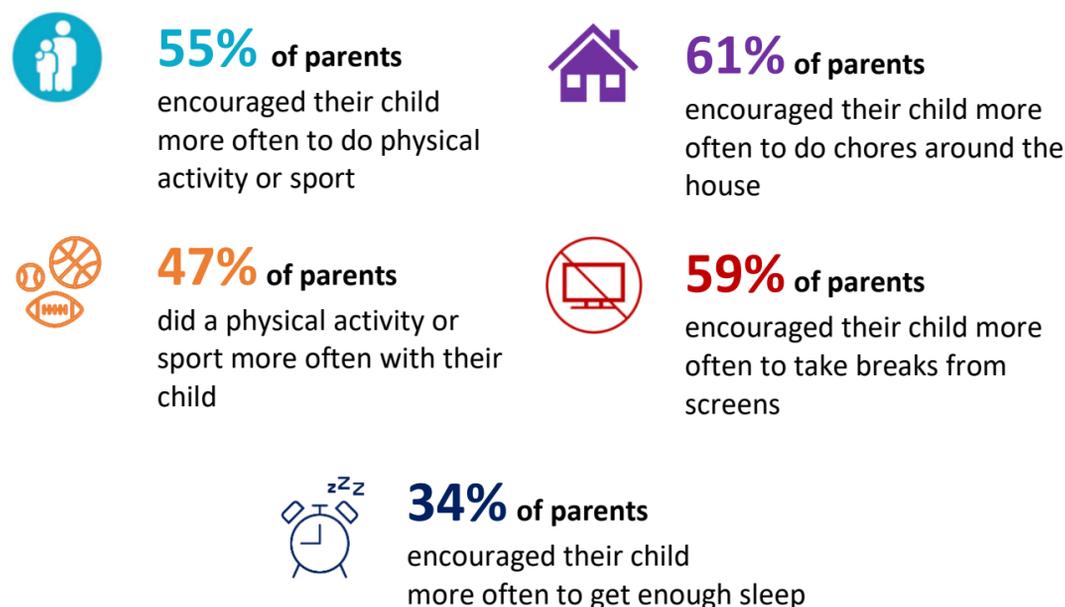
Every day is different as we continue adjusting to the pandemic. Staying active and reducing sedentary behaviours is a commonly experienced challenge, especially now with restrictions on recreation and programming. What matters is being mindful of finding the appropriate balance of physical activity, sleep, and sedentary behaviours for your child.

Although we should try to reduce our time spent using screens, it's a normal part of life and is how many children are currently attending school and staying socially connected.

Encourage your child to take mini movement breaks away from the screens throughout the day. Try a stand break, using a stander, or playing around the house!

It's important to get outside and enjoy the fresh air and sun, even for just a few minutes. These small breaks will provide several benefits to you and your child's health!

## Parents play a key role in supporting their child's movement behaviours! In comparison to before the pandemic and related restrictions:



Would you like to learn more about supporting your child's physical activity participation?

Free, evidence-based tools and strategies for you and your child  
Meet and support other parents • Expert resources, limited spots

Coming January 4th

Join the Stronger Together UBC Study

Dr. Kathleen Martin Ginis, Principal Investigator  
Professor, Department of Medicine  
[www.curotio.me/strongertogether](http://www.curotio.me/strongertogether)

Please note that if you do choose to post to the study page, and/or "like", "comment", and/or "follow" the study page, you may be publicly identified with the study. Should you wish to remain completely anonymous, please refrain from engaging with the online study content on publicly available pages with your identifiable information



Based on recommendations from parents, here are a few ways we plan to share our study findings:



Academic papers in peer-reviewed journals



Organizations who work with children and youth in the area of sport and recreation



Disability organizations



Local media and government

We thank all parents for their recommendations and are committed to sharing your thoughts with those who play a key role in policy- and decision-making.

<sup>†</sup> The NPAM Study is a national study on the movement behaviours and mental health of Canadian school-aged children and youth with disabilities, led by Dr. Kelly Arbour-Nicitopoulos at the University of Toronto. This NPAM COVID-19 substudy included a baseline and 6-month follow-up survey between May and November 2020. Follow-up survey results will be shared in early 2021.