RCH National Child Health Poll Questionnaire

We are interested in knowing about the way your child plays and what you think about children and their play.

{BEHAVIOUR}

1. In the **past month**, approximately how often did your child play in the following ways? Please answer separately for each child. {BY CHILD}

Never

Less than one day a week

1–3 days a week

4–6 days a week

Every day of the week

{PRESENT in RANDOM ORDER ON CAROUSEL}

* 1. Play inside on a digital device or screen, such as an ipad, computer, gaming console or mobile phone
  2. Play inside NOT using a digital device
  3. Outside in our street
  4. Outside in a front or backyard
  5. At a sports ground / sports field (this does NOT include organised sport or training)
  6. Inside a friend or family member’s house
  7. Outside in nature such as in the bush, garden, creek or beach
  8. At a play centre that you have to pay to enter
  9. Outside at a playground or on play equipment

1. Adults can have different amounts of involvement when children are playing. **How often** in the **past month** did your child do the following? Please answer separately for each child. {BY CHILD}

Never

Less than one day a week

1–3 days a week

4–6 days a week

Every day of the week

Have free play – your child decided what and how to play **without** you or another adult telling them what to do or how to do it

1. In the past month, who did your child mostly play with when they were NOT at school, kindergarten or child care? That is, played with in person not via a device or online? Select all that apply. Please answer separately for each child. {BY CHILD}

* on their own
* siblings (brothers and/or sisters)
* cousins or other relatives
* you and or your partner
* grandparent
* friends
* pets

1. In the past month, how often did the following things **prevent** your child from playing outside? Please answer separately for each child. {BY CHILD}

Never, rarely, sometimes, often, most of the time, all of the time

* 1. They were too busy doing other things
  2. There was no one to supervise them
  3. They didn’t want to play outside
  4. I and/or my partner were worried it wasn’t safe
  5. The weather was not suitable (too hot/too cold/too wet/too windy)

1. Some children play more than others. Rate your level of agreement about the following for your child. {BY child}

Strongly agree/agree/disagree/strongly disagree

* 1. I would like my child to play more outdoors
  2. My child does not spend enough time playing on their own (without anyone else)
  3. My child does not spend enough time playing with other family members
  4. My child needs more unstructured or free play (either on their own or with others)
  5. If my child had a choice, they would rather play outdoors than indoors

1. Thinking now about all children not just your own. Please rate your level of agreement with the following statements about **play for children in general** {OFFER ONCE, BY PARENT}

Strongly agree/agree/disagree/strongly disagree/not sure

* 1. Play was better when I was growing up than it is for children today
  2. Play should always be supervised by an adult
  3. Play is fun but not essential
  4. Play is mostly a waste of time
  5. It’s good for children to be bored sometimes
  6. Play needs to be organised by an adult
  7. Play is better with toys
  8. If children disagree when playing, adults should always step in and sort it out if
  9. The toys or equipment that my child needs to play are expensive
  10. It’s hard to schedule in time for my children to play
  11. Children need more play and less homework
  12. It is good for play to involve risks

7. Some children play more than others. Rate your level of agreement about the following for your child. {BY child}  
  
Strongly agree/agree/disagree/strongly disagree

7.1 I would like my child to play more outdoors

* 1. My child does not spend enough time playing on their own (without anyone else)
  2. My child needs more unstructured or free play (either on their own or with others)
  3. If my child had a choice, they would rather play outdoors than indoors

1. Thinking now about all children not just your own. Please rate your level of agreement with the following statements about play for children in general {OFFER ONCE, BY PARENT}

Strongly agree/agree/disagree/strongly disagree/not sure

* 1. Play was better when I was growing up than it is for children today
  2. Play should always be supervised by an adult
  3. Play is fun but not essential
  4. Only young children need to play
  5. Play is mostly a waste of time
  6. It’s good for children to be bored sometimes
  7. Play needs to be organised by an adult
  8. Play is better with toys
  9. If children disagree when playing, adults should always step in and sort it out if
  10. The toys or equipment that my child needs to play are expensive
  11. It’s hard to schedule in time for my children to play
  12. Children need a variety of different types of play
  13. It is good for play to involve risks

1. Please rate your level of agreement with the following statements about **playing with your child/ren** {OFFER ONCE, BY PARENT}

Strongly agree/agree/disagree/strongly disagree

* 1. I enjoy playing with my child
  2. I sometimes don’t know how to play with my child
  3. I often find playing with my child boring or hard
  4. I would like to learn more about how to play with my child
  5. It’s hard to find time to play with my child/ren

{KNOWLEDGE}

1. Please rate your level of agreement with the following statements about play

{OFFER ONCE, BY PARENT}

Strongly agree/agree/disagree/strongly disagree/not sure

* 1. Teenagers don’t need to play
  2. Play is important for children’s physical wellbeing
  3. Play is important for children’s mental (social and emotional) wellbeing
  4. Play is important for brain development
  5. Play is a type of learning
  6. Babies don’t know how to play