



# Parent PLAYshop

## Parents playing on purpose

### To be eligible you must:

- Live within the Greater Victoria Area or surrounding
- Have a child aged 3-5 years

### What does participation involve?

- You will:
  - Be randomly assigned to one of two groups
  - Complete two 10 minute questionnaires
  - Attend a free 75 minute parent workshop
  - Depending on group participate in a 10 minute interview 2 months after the workshop

### What are the benefits of participating?

- Free workshop
- Become more confident in playing actively with your child to build their physical literacy
- Take home a goody bag with approximately \$30 worth of active play equipment

### PLAYshop Date & Location:

- **After Spring Break** at Millstream Elementary School
- **After Spring Break** at the Millstream Elementary School

### Are you interested in participating?

- To learn more about the study contact **Kayla Morton** at [kamorton@uvic.ca](mailto:kamorton@uvic.ca) or **250-853-3633** or <https://parentlayshop.weebly.com>



University  
of Victoria

**PLAY**  
Physical Literacy And You!  
**CAMPBELL RIVER**



UNIVERSITY OF  
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