
Parents/ Guardians Survey; Children's Health and Well-Being Plan for Co Roscommon.

Thank you for participating in this survey. It should take 5 to 7 minutes to complete. The survey will allow the Healthy and Active Early Years' Sub Group of Roscommon Children and Young Peoples Services Committee to develop actions to promote the health and wellbeing of young children in the county.

All information provided is confidential and anonymous.

Where do you live in Co Roscommon _____ (your full address is not required)

Please indicate your gender

Male

☐

Female

☐

Please state your age _____

What are the ages of your children? _____

Please rate the importance you place on the following health and well-being behaviours for your child/ children by ticking the relevant box.

	Important	Somewhat important	Not important
Physical Activity/ Exercise			
Emotional Well-being (e.g. developing confidence and self-esteem).			
Social Development (e.g making friends)			
Eating Healthy			
Environmental Awareness (e.g nature, recycling, etc)			
Oral/ dental hygiene.			

Other? Please describe and rate.			
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Please rate your ability as a parent/ guardian to promote the following health and well-being behaviours for your children by ticking the relevant box.

	Very good	Good	Needs Improvement
Physical Activity/ Exercise			
Emotional Well—being (e.g. developing confidence and self-esteem).			
Social Development (e.g making friends)			
Eating Healthy			
Environmental Awareness (e.g nature, recycling, etc)			
Oral/ dental hygiene.			
Other?			

Please rate the following challenges to promoting the health behaviours of your child/children?

	Significant Challenge	Somewhat challenging	Not a challenge
Personal Finances			
Time			
Local Physical Environment (e.g safe and accessible walkways)			
Lack of information			
Pre-existing medical condition of child/children			
Pre-existing medical condition of parent/guardian			
Lack of local community based activities			
Screen time (e.g watching TV, playing computer games)			
Other (please describe and rate)			

Please outline any ideas/ suggestions that would specifically help you as a parent/guardian to promote the health and well-being of your preschool child?

Please outline any other ideas/ suggestions that would help to promote the health and well-being of your preschool child?

If you would like to hear more from the project as it develops and be in the draw for the €25 voucher, please fill in your name and contact details below.

Name:

Address:

Phone Number:

Email Address:

Thank you for taking the time to complete this survey.