KIDS-METER INFORMATION LETTER FOR PARENTS

Dear Parents,

Thank you for participating in the ENERGY project. As part of the ENERGY project your child will wear a kids-meter during 6 days. The purpose of this letter is to inform you how your child should wear this kids-meter.

What is a Kids-Meter?
The Kids-Meter measures all the movements of your child. It is a mechanical device without radiation. We are interested in what kind of movements children like to do.

How to wear the Kids-Meter?
The Kids-Meter (attached to a belt) must be worn on the right waist; directly on the hip bone. Your child can wear it under or on his/her clothes. Please, make sure that the belt is tight enough (not too loose, and not too tight).

How long and When to wear the Kids-Meter?
Please remind your child to wear the Kids-meter for 6 consecutive days. Your child should put it on when she/he wakes up in the morning until she/he goes to bed for sleeping at night. It is not waterproof and should be removed during bathing, showering and swimming.

Please remind your child to fill in the diary he/she received from us. In the diary he/she can write the exact time to put it off and on and the activities your child did during nonwear time.

Your child is supposed to wear the kids-meter from ........................................ till ........................................ . Please remember her/him to bring the kids-meter back to school and give it to the teacher at ........................................

If you or your child has any questions or concerns regarding the study, please do not hesitate to contact us.

Sincerely,

Dr Mai Chin A Paw
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INTRUCTIONS FOR KIDS-METER USE

- **WEAR** the monitor everyday ALL DAY for **the next 6 days**.

- **REMOVE** the monitor just before going to bed. Leave it on a table or dresser where you will be sure to see it and put it on first thing the next morning.

- **PUT** your monitor on each morning when you get out of bed.

- **WEAR** the kids-meter with the **STICKER ON TOP**.

- **BE SURE** the monitor is on the right side of your waist. **NOT** at the front or back of your waist.

- **BE SURE** the monitor fits tightly around your waist. You can wear it under or above your clothes.

- **DON’T** drop the monitor.

- **DON’T** let the monitor get wet. Remove the device during showering, swimming and bathing or any sports in which it can get wet.

- **BE SURE** to put it back on when you are out of the water.

- If you forget to put it on for any part of the day put it on as soon as you remember.

- **Please NOTE** at what time you put the accelerometer on and off and why in your diary.

- **Please DON’T** forget to bring it back to school after 6 days.