Reviewer's report

Title: Physical Activity and Water Consumption in Preschoolers: Focus Groups with Parents and Teachers

Version: 2 Date: 28 January 2013

Reviewer: Amber Vaughn

Reviewer's report:

The authors have been very responsive to reviewers’ suggestions. I greatly appreciate their efforts to incorporate these into the revised manuscript. I feel that these efforts have produced a much improved version of the manuscript that will provide a good contribution to the literature.

Major Compulsory Revisions

I think the authors have not given themselves enough credit for capturing issues around beverage consumption. In the title and throughout the text, they refer to water consumption specifically. However, the results presented show that focus group discussions covered a wide range of beverages (milk, sugar-sweetened beverages, and water) and the factors influencing child beverages consumptions and strategies to promote healthier beverage choices. I would encourage authors to adjust the title to reflect “beverage consumption” and to adjust the presentation of results with this in mind (instead of separating out water and SSB).

Minor Essential Revisions

Page 5...

Line 89: Since this is the start of a new paragraph, please replace “specific” with “physical activity and diet” behaviors.

Line 95: Recommend rephrasing to read “…association between diet and health in young children.”

Page 6

Line 99: Please select a different adjective. There are only 7 studies, which is not “considerable”, maybe “growing”?

Page 7

Lines 128-132: Recommend revising how aim of paper is stated to help set up organization of later sections… “Therefore, the aim of this study is to qualitatively assess parents’ and teachers’ perceptions of children’s PA and beverage consumption behaviors, factors that influence these behaviors, strategies to enhance these behaviors, and anticipated barriers to change.”

Page 8
Lines 152-155: For this paper, we will use the term “preschool” to refer to the range of preschool educational programs (e.g., preschool, childcare, or kindergarten) which are available, in one form or another, in all six European countries (39).”

Page 9
Line: 172: typo, remove , after the hyphen

Page 10
Lines 189-190: Merge into previous section. One sentence is not enough for a dedicated section and section header.

Pages 10-11: The sections on focus group procedures and interview guide could probably be merged into a single section.

Page 13
Line 257: Revise section header to read “facilitators and barrier” since that is the order that the results are presented in.

Page 17
Lines 336-341: The factors identified all reflect aspects of the physical environment. Why not mention that, then provide list (instead of a sentence about each one).

Line 347: Recommend rephrasing to read “Strategies to increase child’s PA at preschool”

Page 18
Lines 348-354: It is not clear from the text if these are strategies that could be used or strategies that teachers already use. Please revise text to clarify.

Lines 360-364: The terminology used is a bit confusing. I would recommend rephrasing to present the challenges as “competition for resources and time were the major barriers reported…”

Pages 20-23
Presentation of water consumption results could be better organized. I would recommend renaming section to “Beverage Consumption”, then talking about parental perceptions of children’s beverage consumption, factors influencing children’s beverage consumption, strategies to improve children’s beverage consumption (intake of water and reduction of SSB), barriers to changing children’s beverage consumption. The section about the role of preschool teachers could be presented as part of the factors influencing child beverage consumption.

Pages 24-25
Again, I would recommend a slight re-organization of the material so that it follows the same flow established in earlier sections of the paper. Presenting
“Current rules and policies…” would be a nice way to start as it is most similar to current beverage practices. Then, I would rename the “Role of the teacher…” section to something like “Influencing factors on children’s beverage consumption”. That section could still be used to present the role that teachers see for themselves. The section currently titled “Influencing factors to promote water consumption…” presents information about teachers motivation. Therefore, I would recommend relabeling that section title to read “Motivational factors to…”

Page 26

Lines 529-531: These first couple of sentences are not very clear. Recommend revising to read something like...

Parents and teachers perceive children to be sufficiently active at home. They also report that children’s intake of SSB is limited; however, parents and teachers are not factoring in children’s intake of sugared milk drinks and fruit juices because they provide vitamins and minerals and are considered healthy.

Discretionary Revisions

None noted

**Level of interest:** An article of importance in its field

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

I declare that I have no competing interests