

PrO-PEAR

Preventing Obesity through Parent Empowerment and Activation of Routines

Would this study be a good fit for you?

- Do you have a child with Down syndrome aged 12-36 months?
- Is your child walking independently?
- Are you willing to participate in an interview and data collection from your home?



What would happen if you took part in the study?

If you and your child decide to take part in this study, you would be asked to participate in 2 interviews from your home. During these interviews, we will ask about your daily family routines and your ability to build a foundation of healthy habits for your child. Additionally, we will ask that your child wear a device on their wrist and/or their thigh that both measure activity and sleep behavior over a two-week period, and that you video-record four of your child's meals. Finally, we will ask that you answer questions about your child's nutrition, physical activity, and sleep. This information will be used to design an obesity prevention intervention specifically designed to meet the needs of families of young children with Down syndrome.

For more information, please click [here](#) or contact **Angela Caldwell, PhD, OTR/L** at (412) 383-7231 or ARL78@pitt.edu. Dr. Caldwell is an assistant professor within the Occupational Therapy Department at the University of Pittsburgh.

Eligible families who take part will be compensated to thank them for their time.