

## Instructions for parents

1. Read the Participant Information Sheet, sign the consent form and return it to the research team.

Enrol to cognitive assessments on <https://forms.gle/HTTtNbrhTMFZJdVHA> or email your availability (day and time) at [myrto@uow.edu.au](mailto:myrto@uow.edu.au).

### Week 1:

- Child cognitive assessments (iPad games + counting) – please allow 30-40 min in total.
- Complete 3-min questionnaire on children's self-regulation (by parents).
- Parents to pick up a belt (accelerometer) for measuring physical activity

### Days 1-8:

- 2 reading sessions per week (on different days) for 4 weeks via videos

### 2. Week 4:

- Child cognitive assessments (iPad games + counting) – please allow 30-40 min in total.
- Complete 3-min questionnaire on children's self-regulation (by parents).
- Return your belt (accelerometer) for measuring physical activity + pick up your present (book).