

Mott Poll Questions



Play

The following questions were answered by parents with children age 1-5 years old.

Q1. Think about a typical day at home with your [x]-year-old child. How likely are they to do the following types of play?

	Very likely	Somewhat likely	Not likely
a. Make-believe or pretend play			
b. Physical play (running, jumping, climbing)			
c. Puzzles, blocks, or board games			
d. Watching TV or a video			
e. Looking at or listening to books			
f. Video games on a phone, tablet or gaming device			

Q2. In what situations are you likely to have your [x]-year-old child play games on a phone or tablet?

Select all that apply.

1. In the car
2. To keep them occupied when I'm doing something else
3. To keep them quiet in public places
4. When they get whiny
5. Whenever they ask
6. N/A – child never plays with phone or tablet

Q3. How often does your [x]-year-old child play outside?

1. Almost every day
2. A few times a week
3. Once a week or less
4. Once a month or less

Q4. When you take your [x]-year-old child to the park, do you:

1. Take them to age-appropriate play structure / area of park
2. Let them decide what they want to do
3. N/A – never take child to the park

[If Q4 = 1 or 2]

Q5. When you are at a park with a play structure, what do you let your [x]-year-old child do by themselves (not holding their hand or standing next to them)? *Select all that apply.*

1. Climb up stairs
2. Go down slide
3. [If child age = 3-5 years] Slide down a pole
4. [If child age = 3-5 years] Hang from or cross the "monkey bars"
5. N/A – child never plays on play structure

[If Q4 = 1 or 2]

Q6. When your [x]-year-old child is trying something new (like climbing higher, going down a steeper slide), what are you most likely to do? *Select all that apply.*

1. Hold their hand / stand right next to them
2. Tell them to be careful
3. Tell them to climb back down
4. Watch to see what they do
5. Stand nearby ready to help them
6. N/A – child never plays on play structure

[If child age = 3-5 years]

Q7. Does your [x]-year-old child do any of the following by themselves or with other children? *Select all that apply.*

1. Ride a trike, bike or scooter
2. Wrestle or play "rough and tumble"
3. Go on the swings
4. Balance / jump off objects 1-3 feet off the ground
5. Jump on a trampoline
6. Stand up on the swings or slide
7. None of the above

Q8. Rate your agreement with the following:

	Strongly agree	Somewhat agree	Disagree
a. It's healthy for children to take risks when they play			
b. It makes me nervous when my child goes too fast or too high when playing			

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Co-Director: Sarah J. Clark, MPH
Co-Director: Susan J. Woolford, MD, MPH
Poll Manager: Sara L. Schultz, MPS
Data Analyst: Acham Gebremariam, MS
Student Research Assistant: Callie Frisk
Contact: <https://mottpoll.org>
X: @CSMottPoll