

School practice

General school practice for parental involvement

- Personal informal contacts were preferred over other communication channels

Health promotion policy

- There appeared to be more school efforts for healthy eating promotion than PA promotion and SB prevention

The vision on the role of school and parents in health promotion

Healthy eating promotion

- Parents have main responsibility, school has a supporting role

PA promotion

- Shared responsibility between parents and school

SB prevention

- Parents have responsibility

Parental motivation

Parents were more motivated to participate in healthy eating promotion than PA promotion or SB prevention

Parental participation in school-based promotion of EBRBs

Type of activities

Place of activities

- Parents like both home-based and school-based activities

Characteristics of organized activities

- Pleasant, interactive, practical and including children
- School-based: e.g. cooking session, walking/cycling excursions
- Home-based: e.g. homework assignments and class contents involving parents

Facilitators

- Child involvement
- New and practical information through pleasant, interactive activities
- Early notification about planned activities
- Rewards and incentives
- Social interaction
- Organization of a limited amount of brief parental activities instead of many, long lasting activities
- Confrontation with negative consequences of an unhealthy lifestyle motivates them to be more involved

Barriers

- Lack of time
- No interest
- No felt need for information
- Dislike of being tutored or judged
- No energy for extra efforts
- Financial constraints
- Unfamiliarity with other parents