

Early Childhood Education Laboratory Preschool

Pause & Play is a research project led by Pennington Biomedical Research Center and the Mayor's Healthy City Initiative. This project is working with local childcare centers to see how much physical activity children are getting during preschool, and we're also looking at how much technology they're using. We hope that this project will help childcare centers throughout Baton Rouge to make changes to improve our young children's health and boost their physical activity. **Play is a critical part of a child's physical, mental, and social development. Together, we can make a difference in the health of our children.** Data collected include child's height, weight and basic movement skills; a 1-week sample of child's physical activity collected via tracker; parent survey; and a full day classroom observation of physical activity and screen-time.