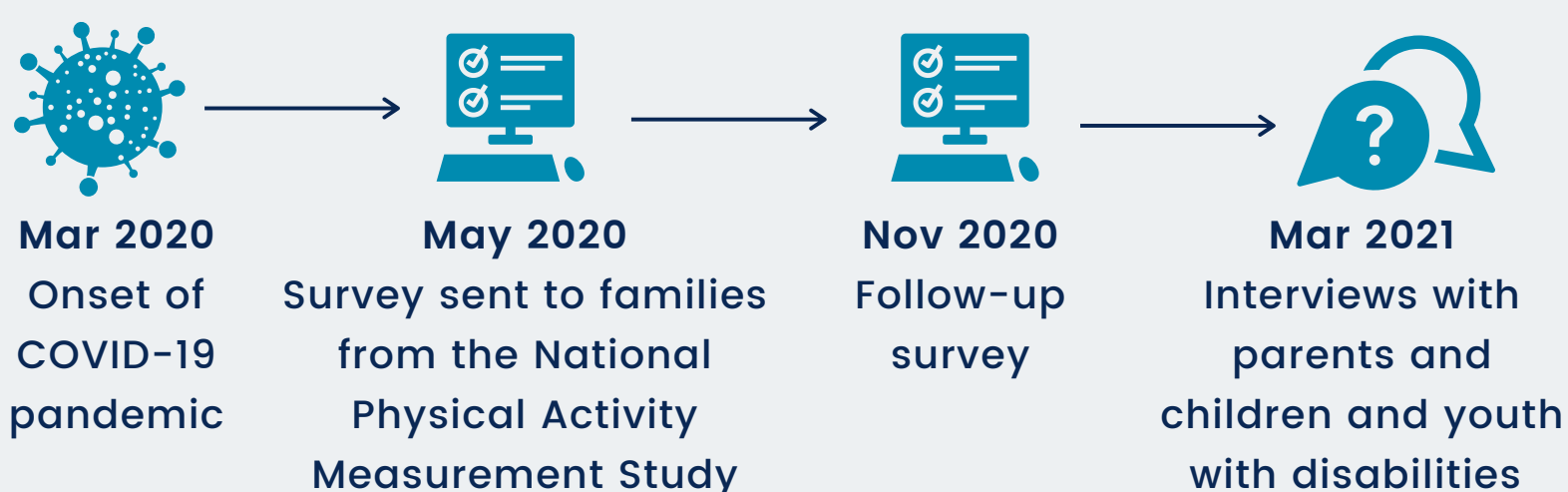
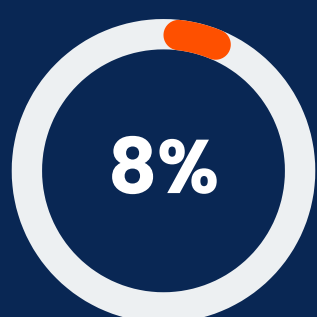


# MOVEMENT BEHAVIOURS AND HEALTH OF CHILDREN AND YOUTH WITH DISABILITIES: IMPACT OF THE 2020 COVID-19 OUTBREAK

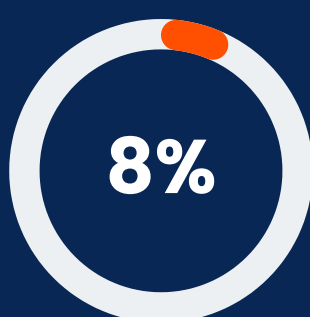
Dr. Kelly Arbour-Nicitopoulos, Maeghan James, Dr. Sarah Moore, Ritu Sharma & Dr. Kathleen Martin Ginis



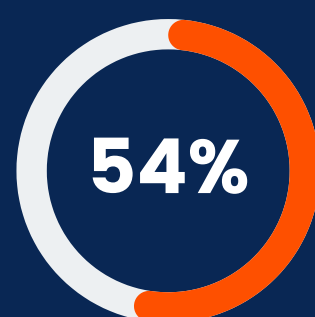
## MEETING GUIDELINES MAY 2020



PHYSICAL ACTIVITY



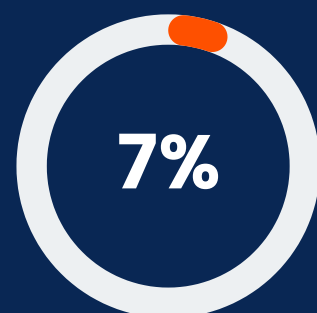
SCREENTIME



SLEEP

**NO CHILD OR YOUTH MET ALL THREE GUIDELINES COMBINED AT EITHER TIME POINT**

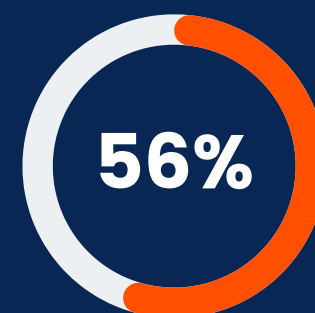
## MEETING GUIDELINES NOVEMBER 2020



PHYSICAL ACTIVITY



SCREENTIME



SLEEP

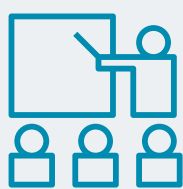
## IDENTIFIED THEMES IMPACTING FAMILIES DURING COVID-19



## Ways we can revitalize healthy movement for kids with disabilities during COVID-19 recovery:



Intentional focus on quality programming



Capacity building through enhanced training of coaches and instructors



(Re)construction of infrastructure that is accessible and welcoming to CYD