

SKIP-Cymru (Successful Kinaesthetic Instruction for Pre-schoolers) in Wales Supports Community Childcare Workers

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Background

- SKIP-Cymru is an intervention programme that focuses on developing the fundamental motor skills of children in early childhood
- SKIP-Cymru is based on over 30 years of research in motor development.
- SKIP-Cymru teaches adults to help children develop their physical literacy through engagement in 5 key elements of the program
 - ⇒ **Advocacy with Leadership**
 - ⇒ **Training Day**
 - ⇒ **Mentoring and Support**
 - ⇒ **Parental Engagement**
 - ⇒ **Not Resource Driven**
- Previous studies have failed to produce qualitative research that investigates the specific intervention components in **community** childcare settings.

Method

- 5 female childcare workers
- 2 early years community childcare settings
- Qualitative research
- Semi structured individual interviews
- Open coding to establish key themes
- Investigation into childcare workers experiences, challenges and reflections on the SKIP-Cymru mentoring process



Key Findings

- SKIP-Cymru mentoring sessions are **an enjoyable experience** for childcare workers
- The **equipment** is of high importance for the childcare workers
- SKIP-Cymru supports childcare workers to increase **confidence** and develop **positive working relationships**
- Childcare workers would like more **training** to deliver developmentally appropriate physical activities to children in their settings
- SKIP-Cymru mentoring research supports childcare workers to reflect on **a sense of place and space**
- SKIP-Cymru supports workers to **overcome barriers** related to their socio-cultural and geographical situations

Purpose of the study

- To find out how SKIP-Cymru supports Community childcare workers
- To develop the mentoring and support element of SKIP-Cymru to inform future practice and research

Conclusion

- Future mentoring programmes could include equipment workshops, physical literacy focus groups to share good practice and explore the training needs of childcare workers.
- Explore individual elements of the SKIP-Cymru program from a qualitative perspective to inform practice. Consider SKIP-Cymru data through socio-cultural and geographical filters to establish context specific findings, to develop the SKIP-Cymru program.

