

24 Hour Movement Behaviors in Preschool Children with Developmental Disabilities

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Background

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- Early childhood shapes lifelong movement and sleep habits.
- Global adherence to 24-hour movement guidelines remains low among preschoolers.



Key Questions

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1. How active are children with and without developmental disabilities?
2. How much sleep and screen time do they get?
3. Are there differences between groups?
4. Do patterns vary by type of developmental disability?



Methods

03

- **Who:** Children 33 to 72 months
- **What:** Systematic search for studies including preschool children with developmental differences, at least 2 movement behaviors, and published in English



Our Findings

04

- Evidence is limited (20 cross-sectional studies), but movement, sleep, and screen time patterns may differ for children with developmental disabilities.
- Findings are mixed, with no single pattern observed across studies.



Conclusions

05

- Understanding movement behaviors in children with developmental disabilities is an important step toward ensuring that health guidelines and intervention strategies are inclusive and equitable for all children

