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Can the 24h-Movement Guidelines be Used as a Resource for Early Intervention Occupational Therapy?

Leah Taylor
ltaylo83@uwo.ca

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The first five years form the building blocks for a child's life their life, making the early years crucial for influencing the long-term wellbeing of children with developmental disabilities. Occupational therapy focuses on turning *disability into ability* in this life stage through early intervention programming. The 24-h Movement Guidelines for the Early Years (which provide recommendations for children's physical activity, sleep, and sedentary time) can support this development. There is a disconnect, however, in the use of this resource in early intervention, and children with disabilities are less likely to meet the guidelines than their peers. Occupational therapists could bridge this gap, using the guidelines as a resource for supporting children with disabilities, but we need to understand their capacity to do so. I will investigate the appropriateness of incorporating the 24-h Movement Guidelines as a paediatric occupational therapy early intervention approach, bridging physical activity research into occupational therapy practice.