

Western University

Scholarship@Western

---

Inspiring Minds – A Digital Collection of  
Western's Graduate Research, Scholarship and  
Creative Activity

Inspiring Minds

---

September 2023

## Early Movers in OT: Exploring the role of the Canadian 24h- Movement Guidelines for the Early Years in Early Intervention Occupational Therapy

Leah Taylor  
ltaylo83@uwo.ca

Follow this and additional works at: <https://ir.lib.uwo.ca/inspiringminds>

---

### Citation of this paper:

Taylor, Leah, "Early Movers in OT: Exploring the role of the Canadian 24h-Movement Guidelines for the Early Years in Early Intervention Occupational Therapy" (2023). *Inspiring Minds – A Digital Collection of Western's Graduate Research, Scholarship and Creative Activity*. 510.  
<https://ir.lib.uwo.ca/inspiringminds/510>

## Early Movers in OT: Exploring the role of the Canadian 24h-Movement Guidelines for the Early Years in Early Intervention Occupational Therapy

The 24-Hour Movement Guidelines for the Early Years (24HMG) provides recommendations for daily time spent in physical activity, sedentary behaviours, and sleep. For young children (ages 0-5) with developmental disabilities, appropriate movement behaviours can support development and long-term wellbeing. As such, clinicians including Occupational Therapists (OTs) have been called on to integrate the guidelines into practice. My dissertation explores the integration of the 24HMG in occupational therapy practice to support preschoolers (ages 3-4) with developmental disabilities. Guided by the Knowledge-to-Action Framework (Figure 1), this research will provide a comprehensive examination of the determinants of guideline use, clinicians’ perspectives on implementing the guidelines, and training offered to pre-service occupational therapists on the 24HMG. This project will identify if there is a need for resource development to incorporate the 24HMG into occupational therapy practice, and how to appropriately address this gap.

**Figure 1: The Knowledge to Action Framework Contextualizing the Early Movers in OT Project.**

