

## Appendix 1 (as supplied by the authors): Interview Guides

### Clinician Focus Group Guide

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#### 1. Background/introduction

To get started, I'd like to begin by telling you a bit about the program as it has currently been developed.

Program length, duration, goals – parenting support/parenting and support around health behaviours

Program for kids at the same time – covers same health-related topics as the parent session

#### 2. Current practices regarding healthy lifestyle topics (i.e., sugar sweetened beverages, sleep, screen time, physical activity)

Next I'd like to ask you a bit about your current practices with respect to healthy lifestyle advice for parents with kids 2-5 years old.

- *Do you routinely offer anticipatory guidance on healthy behaviours?*
- *Which health behaviours do you typically address with parents?*
- *Are there any barriers you find in counseling parents on healthy behaviours in the clinical/office setting?*

#### 3. Current practices regarding parenting information/advice

Because the Parents and Tots Together Program is based on parenting topics, next I'd like to ask you a bit your current practices with respect to parenting advice.

- *Do you routinely offer anticipatory guidance on parenting?*
- *If parents ask you about parenting support, what resources do you typically refer them to?*
  - o *Probes: what kinds of programs are your patients currently attending? What about those programs do parents like? What are they saying? Do you know if what the level of uptake is?*
- *Are there any barriers you find in counseling parents on parenting in the clinical/office setting?*

#### 4. Opinions on the proposed intervention

Provide overview of General Parenting and Weight-Related Topics Addressed in Parents and Tots Together intervention

- *Are the topics covered in the program challenges that you think will fit with the patients in your practice?*
- *As a clinician, are these topics you would like your patients to learn more about?*
- *Is there anything missing in the topics that you think we should include?*

#### **4. Intervention implementation (Format, Logistics, Recruitment )**

Lastly, we'd like to get your thoughts on what we can do to make the program as easy as possible for parents to attend.

Recruitment:

- *Are there any differences between offering a program in primary care, compared to another setting (i.e. Public Health)?*
- *Are there any features of the primary care setting that would increase the chance that parents will attend the program?*
- *What are some ways we can encourage parents to attend the program?*
  - o *Probes re: practice-level strategies: EMR reminders, mail-outs, referrals*

Logistics:

- *Thinking about your patient population...What do you think would be the most important factors that determine whether a parent would attend the program?*
  - o *Probes: Location, Cost (snacks, tokens, parking), program relevance, children's program?*
- *When do you think we should offer the program so that most parents would come?*

Alternative Formats:

- *We have heard from some others in the study that an online program might be a good option for some parents. Is this something you think parents would be interested in?*

### **Parent Interview Guide**

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#### **1. Background/Introduction**

To get started, I'd like to begin by telling you a bit about the program as it has been currently been developed, and what kinds of topics are covered.

Program length, duration, goals – parenting support/parenting and support around health behaviours

Program for kids at the same time – covers same health-related topics as the parent session

Overview of general parenting and healthy lifestyle topics

- *Are the topics covered in the program challenges that you have encountered before (or other parents that you know)?*
- *Is there anything missing in the topics that you think we should include?*

## **2. Current resources for healthy lifestyles (i.e. sugar sweetened beverages, sleep, screen time, physical activity)**

Next I'd like to ask you a bit about where you go for advice on healthy lifestyle advice for your kids.

- *Where do you currently go to for information and support around healthy lifestyles?*
- *Do you ever talk to your healthcare providers at the Family Health Team about healthy lifestyles?*
  - o *If yes, what kinds of information and support do you typically seek from your healthcare providers?*
- *Do you think going to a program at the Family Health Team would be any different than going to another program in your community? (i.e. community centres, public health, public library)*

## **3. Current resources for parenting**

Because the Parents and Tots Together Program also involves parenting topics, next I'd like to ask you a bit about where you go for parenting advice.

- *Where do you currently go to for support and strategies around parenting?*
- *Do you ever talk to your healthcare providers at the Family Health Team about parenting?*
  - o *If yes, what kinds of information and support do you typically seek from your healthcare providers?*
- *Would attending a program at the Family Health Team be any different from other programs in your community?*
  - o *Probes: What features of Family Health Teams would encourage parents to attend?*

## **4. Intervention Implementation: Format, Logistics, Recruitment**

Lastly, we know parents are busy and it can be hard to add another event to their week. So, we'd like to get your thoughts on what we can do to make the program as easy as possible for parents to attend.

- *What time of year would it best to run this program so that the most parents would be able to attend?*
- *Is there a particular time of day that you think most parents would be able to attend?*

- *How do you think parents would want to find out about this program?*
  - o *Probes: A letter or email from your family doctor? To hear about it at a regular check-up (i.e. the 18 month, 2-3 year old visit)?*
- *How do you think we could encourage parents to participate in this program?*
  - o *Probes: Participation by your family doctor, nurse practitioner or team nurse? Follow-up on the program by your healthcare team at a follow-up visit?*
- *What do you think would be the most important factor on whether you would attend a program or not?*
  - o *Location (how close to home?); Cost (snacks, transit tokens, parking); Relevance (i.e. they're currently struggling with the issues addressed by the program); Kids' program. If there wasn't a kids program – do you think you would still attend?*
- *We have heard from some others in the study that maybe an online program would be a good option for some parents. Is this something you would be interested in? Or other parents?*