Part 1 - Survey/Questionnaire (User Experience Research - Parenting Bedtime Routines)

Survey Flow

Standard: General Bedtime Routine - Introduction

Block: General Bedtime Routine (6 Questions)

Standard: Personal Routine & Actions - Introduction

Standard: Personal Routine & Actions (12 Questions)

Start of Block: General Bedtime Routine - Introduction

preview_1 In this section, I will ask you about your thoughts and opinions on bedtime routines for children.

End of Block: General Bedtime Routine - Introduction

Start of Block: General Bedtime Routine

gbr_1_text In your opinion, what should a **good bedtime routine** include or exclude? (Why or Why not?) {Assessing whether parents are aware of what an optimal bedtime routine looks like}

_____

_____

gbr_2 Are you aware of **guidelines/recommendations** relating to bedtime routines? {Assessing use case of compiling resources/guidelines/recommendations}

o No (0)

o Yes (1)

Display This Question:

    If gbr_2 = Yes

gbr_2_1_text What do the guidelines/recommendations usually include or exclude? {Assessing use case of compiling resources/guidelines/recommendations}

_____

_____

Display This Question:

    If gbr_2 = Yes

gbr_2_2_text **Who**, **Where** or **How** did you come across those guidelines/recommendations? {Assessing use case of compiling resources/guidelines/recommendations}

_____

_____

gbr_3 What has **shaped and helped your parenting style/skills**? (Select all that apply) {Assessing what resources parents reach out to/use and find helpful}

▢   Family Members (1)

▢   Friends (2)

▢   Social Media (3)

▢   Support Groups (4)

▢   Doctors/Medical Professionals (5)

▢   (Reputable) Online Resources (6)

▢   (Non-Reputable) Online Resources (7)

▢   (Reputable) Articles (8)

▢   (Non-Reputable) Articles (9)

▢   Other: (10) _____

Carry Forward Selected Choices from "gbr_3"

gbr_3_1 Please rank (Click & Drag) these items by the impact they have on your parenting style/skills. (1 being the **greatest** impact) {Assessing what resources parents reach out to/use and find helpful}

_____ Family Members (1)

_____ Friends (2)

_____ Social Media (3)

_____ Support Groups (4)

_____ Doctors/Medical Professionals (5)

_____ (Reputable) Online Resources (6)

_____ (Non-Reputable) Online Resources (7)

_____ (Reputable) Articles (8)

_____ (Non-Reputable) Articles (9)

_____ Other: (10)

End of Block: General Bedtime Routine

Start of Block: Personal Routine & Actions - Introduction

preview_2 In this section, I will ask you more about your own bedtime routine with your child/children.

End of Block: Personal Routine & Actions - Introduction

Start of Block: Personal Routine & Actions

pr_1 Do you have a bedtime routine for your child/children? {Overview of bedtime routine implementation among parents}

o No (0)

o Yes (1)

Display This Question:

    If pr_1 = No

pr_1_text Why do you choose not to have a bedtime routine for your children? {Overview of bedtime routine implementation among parents, reaffirming viability/need for product/solution}

_____

_____

Display This Question:

    If pr_1 = Yes

pr_2_text Can you describe your typical bedtime routine? (Please include if applicable: What time does it start and end? What does it involve? In what order? Who's involved?) {Overview of bedtime routine implementation among parents}

_____

_____

Display This Question:

    If pr_1 = Yes

pr_3_text What are your biggest frustrations when it comes to bedtime and bedtime routines with your child/children? {Overview of bedtime routine implementation among parents, reaffirming viability/need for product/solution}

_____

_____

Display This Question:

    If pr_1 = Yes

pr_4 Do you think your bedtime routine is a "good" routine? {Assessing need and scope for product}

o No (0)

o Yes (1)

pr_5 Do you want to have a good bedtime routine? {Assessing need and scope for product}

o No (0)

o Yes (1)

pr_5_text What goals are you trying to achieve in order to have a "good" bedtime routine? {Assessing how and/or what parenting skills could be developed or improved through an intervention}

_____

_____

pr_6 Do you monitor, log, or reflect on your bedtime routines in any way? {Assessing if a mobile app is a viable product (how and why). Assessing if parents value logging child's habits}

o No (0)

o Yes (1)

pr_6_text How do you monitor, log, or reflect on your bedtime routines? (**What** do you log? & **Where** do you log it?) {Assessing if a mobile app is a viable product (how and why). Assessing if parents value logging child's habits}

_____

_____

Display This Question:

    If pr_6 = Yes

pr_7 Do you take any actions when you notice that your bedtime routines are not as good as they used to be? {Assessing parenting initiative to make bedtime routine changes and what initiatives to focus an intervention on if any}

    o No (0)

    o Yes (1)

Display This Question:

    If pr_7 = Yes

pr_7_1_text What actions do you take? {Assessing parenting initiative to make bedtime routine changes and what initiatives to focus an intervention on if any}

_____

_____

Display This Question:

    If pr_7 = No

pr_7_0_text Why do you choose not to take any action? {Assessing parenting initiative to make bedtime routine changes and what initiatives to focus an intervention on if any}

_____

_____

End of Block: Personal Routine & Actions

Part 2 - Survey Link (Current Total Number of Responses: 24)

https://nyu.qualtrics.com/jfe/form/SV_6fn68nunqfgG754

- Survey respondents have the option to leave their contact details (e-mail) if they would be willing to take part in an interview.
- Survey was distributed among relatives with young children and posted on parenting forums (with permission from moderators and forum hosts).
- Forum topics vary from toddlers, parenting struggles, bedtime routines, bedtime struggles, sleep training, and attachment parenting in order to achieve a sample that was balanced without a large margin of bias.
- Survey did not include questions regarding demographics (age, gender, and occupation) in order to preserve participant privacy (parent and child), however for the interviews, demographics were recorded with permission from participant
- Interview questions were subject to change depending on participant response.