Physical activity through play, sport, and active transportation offers many physical, social and mental health benefits to children with disabilities. However, a lack of accessible and relevant physical activity information is a known barrier to physical activity participation among children with disabilities and a common source of frustration among families. As a first step in addressing this barrier, our team has established a set of evidence-based recommendations to assist organizations in developing and disseminating physical activity information and messages targeting families of children with disabilities.

These recommendations were developed for use by any organization that works to promote, support or deliver physical activity for children with disabilities. The recommendations are meant to assist organizations in promoting and supporting physical activity for children with any type of disability, through providing parents or caregivers with helpful or motivating information.

Specifically, the recommendations were designed to help address the following questions:
- What physical activity information should organizations provide to families of children with disabilities?
- What motivational physical activity messages should organizations provide to families of children with disabilities?

The development of these recommendations was guided by a systematic approach that involved identifying and gathering the best available evidence from the scientific literature and expert consultations. We also held a two-day consensus meeting with knowledge users (e.g., researchers, families of children with disabilities, leaders in physical activity promotion and delivery, and experts in knowledge mobilization) to establish the final recommendations.

Not all of the recommendations may be relevant to the missions and values of your organization. You can choose to focus on the ones that are most relevant to your organization. It may also be that your organization already follows some of the recommendations but wishes to improve in other areas. By following some or all of these recommendations, your organization can improve the availability of physical activity information that is valued and desired by families of children with disabilities. Moving forward, we are working to develop tools and resources that will make it easier for organizations to implement the recommendations and support physical activity for children and youth with disabilities.