

## Comparison of EmpowerKids Tool to other methods

### Other methods used in discussing with the child about his/her health and well-being

According to the professionals in **Latvia**, three (n=3) out of four have used other methods in child health work. The other methods are *games, tests, coloring pages and coloring tasks, drawing, discussions and dialogues, books, handouts and internet sites*.

According to the professionals in **Estonia**, three (n=3) out of five have used other methods in child health work. The other methods are *different games, image viewing, discussion, chat, lectures, study tours, study, and practical activities (e.g. cooking, hiking and orienteering in nature)*.

According to the professional (n=1) in **Finland**, she has not used any other methods in child education to discuss about children's healthy habits, everyday living or other issues concerning children's health and well-being.

### Comparison of EmpowerKids Tool and other methods

The following results are presented according to the six professionals who have used other methods, than EmpowerKids Tool, in their daily work with children. Abbreviations for Latvia is LV and EE for Estonia.

**Table 1. Three of these professionals found EmpowerKids Tool more usable or easy to use, compared to other methods.** One of the professionals did not find EmpowerKids Tool more usable or easy to use, compared to other methods. Two of the professionals did not know whether EmpowerKids Tool was more usable or easy to use than the other methods.

Yes	No	I don't know
Professionals (n=3) (LV)	Professional (n=1) (EE)	Professionals (n=2) (EE)

**Table 1.** Statement: Compared with other method(s), I found EmpowerKids Tool more usable/easy to use.

**Table 2. Most of these professionals found EmpowerKids Tool more valuable in discussing with children, compared to other methods.** One of the professionals did not know whether EmpowerKids Tool was more valuable in discussing with children, compared to other methods.

Yes	No	I don't know
Professionals (n=3) (LV) Professionals (n=2) (EE)		Professional (n=1) (EE)

**Table 2.** Statement: Compared with other method(s), I found EmpowerKids Tool more valuable in discussing with children.

**Table 3. Most of these professionals found EmpowerKids Tool more valuable in detecting each child's individual needs, compared to other methods.** One of these professionals did not know whether EmpowerKids Tool was more valuable in detecting each child's individual needs, compared to other methods.

Yes	No	I don't know
Professionals (n=2) (LV) Professionals (n=3) (EE)		Professional (n=1) (LV)

**Table 3. Statement:** Compared with other method(s), I found EmpowerKids Tool more valuable in detecting each child's individual needs.

**Table 4. Half of these professionals did not know whether EmpowerKids Tool was more valuable in supporting/promoting child's health and well-being, compared to other methods.** Two of these professionals did not find EmpowerKids Tool more valuable in supporting/promoting child's health and well-being, compared to other methods. One of the professionals found EmpowerKids Tool more valuable in supporting/promoting child's health and well-being, compared to other methods.

Yes	No	I don't know
Professional (n=1) (LV)	Professional (n=1) (LV) Professional n=1) (EE)	Professional (n=1) (LV) Professionals (n=2) (EE)

**Table 4. Statement:** Compared with other method(s), I found EmpowerKids Tool more valuable in supporting/promoting child's health and well-being.

**Table 5. Most of these professionals found EmpowerKids Tool more suitable to use with children, compared to other methods.** Two of the professionals did not know whether EmpowerKids Tool was more suitable to use with children, compared to other methods.

Yes	No	I don't know
Professionals (n=3) (LV) Professional (n=1) (EE)		Professionals (n=2) (EE)

**Table 5. Statement:** Compared with other method(s), I found EmpowerKids Tool more suitable to use with children.

**Table 6. Most of these professionals noticed that EmpowerKids Tool attracted children more, compared with other methods.** One of the professionals did not notice that EmpowerKids Tool would have attracted children more, compared with other methods.

Yes	No	I don't know
Professionals (n=3) Professional (n=2)	Professional (n=1) (EE)	

**Table 6. Statement:** Compared with other method(s), I noticed that EmpowerKids Tool attracted children more.

**Table 7. Half of these professionals would like to use EmpowerKids Tool in future more than other methods.** Two of the professionals did not know whether they would use EmpowerKids Tool in future more than other methods. One professional left the statement unanswered.

Yes	No	I don't know
Professionals (n=3) (LV)		Professionals (n=2) (EE)

**Table 7.** Statement: *I would like to use EmpowerKids Tool in future more than other methods.*

### Explanations on the comparisons and other issues regarding the methods

According to these six professionals, EmpowerKids Tool is easy to use for both professionals and children. The Tool seems attractive to the children, especially because it is played on tablets and it is digitally innovative. EmpowerKids Tool is an easier method than e.g. drawing, because it gives you alternatives. EmpowerKids Tool shows individual needs of the child, information about child health and well-being, and provides children with individual feedback. One professional thought that all children did not necessarily understand the content and idea of the Tool. The Tool is a good option, but in these professional's opinion, it is preferred to be used in addition to other methods and played several times in different time frames, so that results and changes of one child can be compared and realized.

### Summary

In the opinion of the six professionals, EmpowerKids Tool is a usable, attractive and suitable method to be used in child health work to discuss about child's healthy habits, everyday living and other issues concerning his or her health and well-being. It is a valuable method especially in detecting the individual needs of a child, more than other methods. The Tool is not necessarily more usable or more valuable in supporting or promoting child's health and well-being, than other methods. According to the professionals, it is preferable to use EmpowerKids Tool together with other methods, such as coloring tasks, drawing, different games, image viewing and practical activities like cooking and physical activities in nature. EmpowerKids Tool, when used together with other methods might be a good option in supporting and promoting child's health and well-being. Notably, when EmpowerKids Tool is played at different time points it might bring valuable information about the changes in children's health behavior and situation.