Supplementary data:

Variables	N valid	n (%)	Urban	Rural	p-value
	response				
Gross motor skills ^a	78				0.551
'Requires follow-up and further assessment/action'		3 (3.8)	1	2	
'Developing on schedule but may benefit from extra practice in		6 (7.7)	4	2	
some of the skills'		69 (88.5)	31	38	
'Developing on schedule'					
Fine motor skills ^b	78				<0.0001***
'Requires follow-up and further assessment/action'		12 (15.4)	0	12	
'Developing on schedule but may benefit from extra practice in		33 (42.3)	11	22	
some of the skills'		33 (42.3)	25	8	
'Developing on schedule'					
Screen usage before bed ^b	74	41 (55.4)	23 (76.7)	18 (40.9)	0.002***
Presence of screen in bedroom ^a	74	11 (14.9)	9 (30.0)	2 (4.5)	0.005***
Consistent bed time ^b	74	51 (68.9)	18 (60.0)	33 (75.0)	0.171
Consistent wake up time ^b	74	53 (71.6)	21 (70.0)	32 (72.7)	0.798
Poor quality (rating 3 or below) ^a	74	10 (13.5)	1 (3.3)	9 (20.5)	0.042*
Frequency of reading to child - Every day ^a	60	10 (13.5)	2 (8.3)	8 (22.2)	0.289
Restrained sitting for more than 1 hour ^a	74	11 (14.9)	7 (23.3)	4 (9.1)	0.108

Differences between urban and rural setting were analysed using: ^aFisher's Exact test; ^bChi-Square test. Bold value indicates statistically significant association at *p<0.05 and ***p<0.001.