

THE HAWKINS INSTITUTE

RESEARCHING CHILDHOOD LIMB PAIN AND GROWTH

[Date]

To the Parent(s)/Guardian(s),

SUBJECT: INVITATION TO PARTICIPATE IN A CLINICAL RESEARCH STUDY ON LOWER LIMB PAIN IN CHILDREN

I hope this message finds you and your family well. My name is Dr Charlotte Hawkins, and I am the founder of The Hawkins Institute — a specialist centre dedicated to researching and improving understanding of childhood leg, foot, and joint pain, often mislabelled as “growing pains.”

We are currently conducting a research project in partnership with your child’s school to explore the prevalence and nature of lower limb pain in school-aged children. The aim of this study is to better understand how common these symptoms are, how they affect children’s physical development and quality of life, and how we can improve early intervention and care.

We would like to invite you to complete a short clinical research questionnaire about your child’s experiences — whether or not they have ever complained of leg or foot pain. The questionnaire is completely confidential, and all responses will be anonymised and used solely for research and educational purposes. Participation is voluntary, and you may withdraw at any time.

If you agree to participate, the questionnaire can be completed online or on paper, and should take no more than 10–15 minutes. You will receive further instructions and a secure link (or paper copy) from the school shortly.

Why this matters:

Many children experiencing pain are told it’s simply part of growing — yet this pain can disrupt sleep, affect movement and confidence, and be a sign of something more. Your input can help us ensure these children are heard, understood, and supported.

If you have any questions or would like to speak with me or my research team directly, please don’t hesitate to get in touch via the contact details below.

Thank you for your time, interest, and support in helping us take meaningful steps forward in paediatric health.

Warmest regards,

Dr Charlotte Hawkins

Specialist in Paediatric Lower Limb Development
Founder, The Hawkins Institute