

**Feeding babies and toddlers aged 6-24 months**

QUT Ethics Approval Number 1700000857

**RESEARCH TEAM**

Principal Researcher: Dr Rebecca Byrne      Research Fellow  
Associate Researcher: Dr Elena Jansen      Adjunct Research Fellow  
**Faculty of Health, Queensland University of Technology (QUT)**

**DESCRIPTION**

This research project is being undertaken as part of a study by Rebecca and Elena, to learn more about what happens at children's meal times. The purpose of this project is test a new questionnaire for parents about how they feed their child.

You are invited to participate in this research project because you are a parent whose child is aged between 6 and 24 months and is consuming semi-solid/solid foods regularly. Biological, adoptive or step-parents are able to participate.

**PARTICIPATION**

Your participation will involve a video-taped session at the Centre for Children's Health Research at South Brisbane during which time you will feed your child lunch, complete a questionnaire and have a short interview with the researcher about the questionnaire. The whole session will take approximately 2 hours of your time.

1. We will talk to you on the phone to arrange a date and time to visit the Centre. We will ask you to come in about 1/2 hour before your child would usually eat lunch. An email will be sent to you confirming the date and time, and will include a map with directions to the Centre.
2. On the day of your visit bring your child, a packed lunch for your child (and yourself, if you normally eat at the same time), your child's personal health record (red book), and any other supplies you think you will need e.g. bib, dummy, spare clothes, nappies. A high chair is available.
3. In the interview room, you will be asked to sign a consent form and your child's weight and length is measured. The researcher will leave the room and video recording will start.
4. Feed your child their lunch, whenever you think they are ready. All children are different, so we expect some will take longer than others.
5. When the meal is finished, the researcher will come back in to the room and give you an iPad on which to complete a questionnaire (or paper if preferred). The video is still recording.

Questions include:

My child plays with a toy when eating: Never, Rarely, Sometimes, Often, Always

I let my child crawl or wander around while eating: Never, Rarely, Sometimes, Often, Always

While you are completing the questionnaire (and if you are happy for us to do so) the researcher will copy two weight and length measurements from your child's red book – birth, and closest to six months of age. Researchers studying meal times routinely collect information about child growth as it helps us to understand how the families in this study compare to studies around the world. Your child's individual measurements will never be shared with anyone.

6. Finally, the researcher will ask you a few questions about what it was like to complete the written questionnaire.

Questions include:

- What did you think of the questionnaire?
- What did you think of the instructions?

Your participation in this research project is entirely voluntary. If you do agree to participate you can withdraw from the research project without comment or penalty. You can withdraw at any time before or during your visit to the Centre for Children's Health Research. Your decision to participate or not participate will in no way impact upon your current or future relationship with QUT.

### **EXPECTED BENEFITS**

It is expected that this research project will not benefit you directly. However, it may benefit parents in future as researchers and health professionals learn more about how to provide practical tips for feeding infants and toddlers.

To recognise your contribution should you choose to participate, participate, you will be given a \$15 Wish e-voucher and an insulated drink bottle carrier. Free parking is available at the Centre for Children's Health Research for the duration of your visit.

### **RISKS**

There are no risks beyond normal day-to-day living associated with your participation in this research project.

Please note this is not an assessment of your child's health. If you are concerned about any aspect of your child's intake, health or development please consult a child health nurse by calling 13HEALTH (**13 432 584**), or visit your local child health nurse/general practitioner.

### **PRIVACY AND CONFIDENTIALITY**

All comments and responses will be treated confidentially unless required by law.

As the research project involves a video recording:

- The video recording will be destroyed 5 years after the last publication.
- The video recording will not be used for any other purpose.
- Only Dr Rebecca Byrne and Dr Elena Jansen will have access to the video recording.
- It is not possible to participate in the research project without being video recorded.

You will be provided with an opportunity to verify your comments and responses once the audio from the interview is transcribed. If you choose to verify your comments, the researcher will email you a transcribed interview and ask for comments within one week. If no reply is received this will be understood as you having no comments on the transcribed interview.

Any data collected as part of this research project will be stored securely as per QUT's Management of research data policy.

### **CONSENT TO PARTICIPATE**

We will ask you to sign a written consent form at the beginning of your interview at the Centre for Children's Health Research, confirming your agreement to participate.

This form also asks whether you are happy to be contacted about participating in related research projects in the future.

### **QUESTIONS / FURTHER INFORMATION ABOUT THE RESEARCH PROJECT**

If you have any questions or require further information please contact one of the listed researchers:

<b>Rebecca Byrne</b>	<a href="mailto:ra.byrne@qut.edu.au">ra.byrne@qut.edu.au</a>	<b>3069 7308</b>
<b>Elena Jansen</b>	<a href="mailto:elena.jansen@qut.edu.au">elena.jansen@qut.edu.au</a>	

### **CONCERNS / COMPLAINTS REGARDING THE CONDUCT OF THE RESEARCH PROJECT**

QUT is committed to research integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the research project you may contact the QUT Research Ethics Advisory Team on 3138 5123 or email [humanethics@qut.edu.au](mailto:humanethics@qut.edu.au). The QUT Research Ethics Advisory Team is not connected with the research project and can facilitate a resolution to your concern in an impartial manner.

**THANK YOU FOR HELPING WITH THIS RESEARCH PROJECT.  
PLEASE KEEP THIS SHEET FOR YOUR INFORMATION.**