

# Head Start University Partnerships, Research Partners

## Michigan State University

*Project Title:*

Nutrition Education Aimed At Toddlers Project

*Grantee:*

Mildred A. Omar

*Project Funding Years:*

2001-2004

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*Project Abstract:*

This project is aimed at promoting toddler development and self-regulation by improving toddler feeding practices. Specifically, the project is designed to explore whether completing a feeding and nutrition education program: (1) improves parents' feeding attitudes, knowledge, confidence and behavior; (2) positively influences toddler food consumption; and (3) positively influences toddler growth and health. The focus of the Nutrition Education Aimed at Toddlers (NEAT) intervention will be to promote healthy eating behaviors and balance responsibility between Early Head Start (EHS) parents and their children during the eating process. This project will compare toddler feeding self-regulation behaviors and toddler-parent feeding interactions among families in the intervention group receiving the NEAT intervention and families in a control group. The NEAT intervention consists of two core components: (1) in-class structured lessons on child development, feeding, food, nutrition, mealtime, and parenting practices; and (2) in-home structured reinforcement in the same context. The first core component of the NEAT program consists of four weekly in-class lessons taught by trained paraprofessional nutrition instructors. The second core component consists of weekly home visits over a six month period by trained EHS home visitors. All families enrolled in five collaborating EHS programs with a toddler between the ages of 11 and 25 months will be recruited for participation. Researchers estimate that approximately 250 families will

meet the inclusion criteria for the study, with approximately 100 intervention and 100 control families. Researchers hypothesize that toddler-feeding self-regulation will be more positive in the intervention group when compared to the control group at 4-week and 6-month post-intervention assessments. In addition, researchers believe that toddler-parent-feeding interactions will be more positive in the intervention group when compared with the control group at 4-week and 6-month post-intervention assessments.

*Sample:*

n=200 toddler-parent dyads

*Measures:*

*Child*

Children's Eating Behavior Inventory (CEBI)

Feeding Relationship Assessment Tool (FRAT)

Twenty-Four Hour Diet Recall

Block Food Frequency Questionnaire (FFQ)

Toddler Physical Growth

Parent Self-Report of Toddler's Visits to Health Care Facilities for Routine or Sick Care

*Parent-Child Interaction*

Behavior Checklist for Use During the Observation of Meals

*Parent*

The NEAT Attitude, Knowledge, and Confidence in Nutrition Scale

Family Dinner Time Routines of the Family Ritual Questionnaire (FRQ)

Self-Efficacy Questionnaire

Social Influences Questionnaire

Caregiver's Attitudes and Behaviors Towards Feeding Toddlers Questionnaire

Nutrition Attitudes Questionnaire

## **Purdue University**

*Project Title:*

Building Early Head Start Relationships: What Benefits Children and Parents?

*Grantee:*

James Elicker

*Project Funding Years:*

2001-2004

*Contact Information:*

Purdue University