

the feasibility of various strategies to enhance participation in child nutrition research of families (including mothers and fathers) living in socioeconomically disadvantaged communities.

Methods: Recruitment focused on the Logan, Queensland, a disadvantaged community identified as an area of high developmental vulnerability (AEDC 2015). Recruitment included Early Child Education and Care (ECEC) service centres, playgroups and family services from February to July, 2016. Furthermore, a variety of engagement methods (hardcopy surveys, face-to-face, internet and via telephone) and choice of incentives (selection of vouchers) were examined and uptake or preferences of incentives were explored.

Results: Recruitment from 32 settings yielded $N = 273$ participants (of which were $n = 117$ mother-father pairs). To date, face-to-face recruitment at ECEC centres has been the most successful recruitment method (68.5% of the sample). Perceived enablers included forming collaborative relationships with community stakeholders, providing incentives and media support. Conversely, perceived challenges included inability to recruit non-English speaking families and return of unpaired surveys or recruitment of single parents (13.9% of the total sample). Recruitment continues to be monitored.

Conclusions: This study provides insight into potential engagement and recruitment strategies of families living in circumstances of disadvantage. Our data which focused on a single disadvantaged location suggests ECEC settings are significant sites for research engagement, particularly through face-to-face methods. Application of effective engagement and recruitment strategies is essential to enhance uptake of disadvantaged families in child nutrition research.

<https://doi.org/10.1016/j.orcp.2016.10.237>

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Relationships between parental feeding practices, infant weight concern, infant dietary behaviour and body weight: Findings from the Feeding A Baby (FAB) Study



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Obesity is a global problem that is challenging to prevent and expensive to treat. While early childhood interventions show promise in establishing lifelong healthy eating patterns, better understanding of how parental feeding practices develop is needed. The Feeding A Baby (FAB) study aimed to investigate the determinants of maternal feeding practices in transitioning from milk feeds to family foods and their relationship to infant dietary behaviour and body weight. A questionnaire was completed by 290 Queensland mothers of infants aged between 6 and 12 months. Logistic regression was used to describe the association between maternal feeding practices (restriction, pressure, monitoring), infant weight concern (underweight, overweight) and infant dietary behaviours (consumption of breastmilk, solids, vegetables, fruit and takeaway). Correlation and linear regression were used to identify relationships between maternal feeding practices, infant weight concern and infant weight. Mothers were found to be more concerned about underweight than overweight, tended to misjudge infants as being underweight and fail to recognise overweight and obese infants. Pressure feeding practices were associated with underweight concern, lower infant weight, early introduction of solid foods and lower fruit and vegetable intake. Restrictive feeding practices were related to overweight concern. Given the inaccuracy of maternal infant weight perceptions and the controlling feeding practices associated with weight concerns, interpreting healthy growth should be a fundamental component of strategies to support healthy infant feeding practices.

<https://doi.org/10.1016/j.orcp.2016.10.238>