

CELEBRATE Feeding: Impacts of a responsive feeding behaviour change coaching intervention in child care settings

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Background

The environments in which children consume their food are important for early development. Early childhood educators (ECEs) play a key role in promoting positive and health-promoting food experiences. Despite children's innate ability to self-regulate food intake, ECEs can override these cues due to social and cultural beliefs, and resource constraints.

The Behaviour Change Wheel (BCW) offers a systematic approach for developing behaviour change interventions and has shown promise in responsive feeding interventions for parents.

This study aims to evaluate the impact of a six-month intensive BCW coaching intervention on the responsive feeding environments of child care centres.

Methods

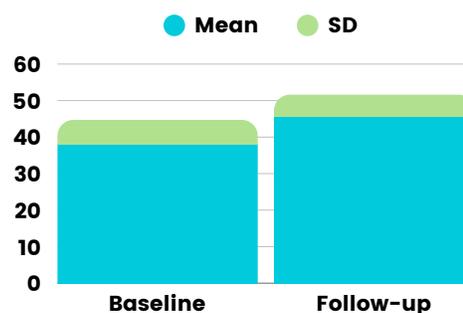
CELEBRATE Feeding was a 6-month, coaching, pre-post feasibility intervention design in Nova Scotia and Prince Edward Island, Canada.

Child care centres' feeding environments and educator practices were observed using a modified EPAO tool at baseline and follow-up in two rooms per centre (n=16).

21 responsive feeding components were scored from 0-3 (3 = best practice). Scores were summed, ranging from 0-63 across time points.

Key Findings

There was an increase in scores from baseline (M=38.16, SD=6.55) to follow-up (M=45.75, SD=5.87), $t(15)=4.91, p<0.001$.



All but one score improved, where 3 of the 21 scores were significantly more responsive after the intervention ($p<0.002$).

The score with the greatest positive change was 'Educators provide gentle comments or nudges towards feeding,' with a mean difference of 1.33, $p<0.001$.

Conclusions

The CELEBRATE Feeding coaching intervention was successful in improving responsive feeding practices and environments in child care settings.

Next Steps

We are continuing to identify how CELEBRATE Feeding could be scaled up to sustain and provide more widespread responsive feeding coaching to other child care environments.

JUNE 2022
WELCOME VISITS AT
CENTRES

JULY-SEPT 2022
PRE-INTERVENTION DATA
COLLECTION

NOV. 2022 - MAY 2023
COACHING

JUNE-AUG. 2023
POST-INTERVENTION DATA
COLLECTION