



FOOD PARENTING PRACTICES AND BARRIERS:

What are parents of preschool
children doing to promote their
child's healthy eating?

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Disclosure

I, Luisa Barros, have no financial relationships to disclose
concerning the content of this presentation or session



Background

Understanding the best PARENTING PRACTICES to promote children's healthy eating patterns is crucial for the development of effective evidence-based interventions.

On the other hand, although most parents are motivated to help their young children eat a healthy diet, they identify BARRIERS that may undermine the reaching of these goals.

It is critical to develop comprehensive, brief and culturally valid measures of these food parenting dimensions.



Objectives

- To develop and validate two culturally adapted questionnaires to be used in future intervention studies.
- To identify FOOD PARENTING PRACTICES and BARRIERS most reported by parents of Portuguese preschool children



Methods



302 parents filed the questionnaires

Sociodemog.
data
Parents' BMI

Parental
concerns with
child's weight

Parents' food
practices and
perception of
barriers

Interviews
Thematic
analysis

Literature
review

Item
selection

Experts
panel

Item
Translation

Semantic
validation

Data analysis

Psychometrics

Inferential
analysis

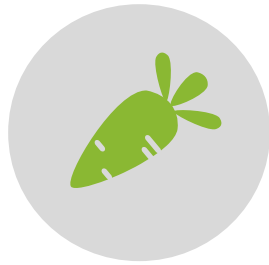
Qualitative Study

1. Practices:

Food availability
Monitoring
Modeling
Restriction
Encouraging
Pressure to eat
Reward

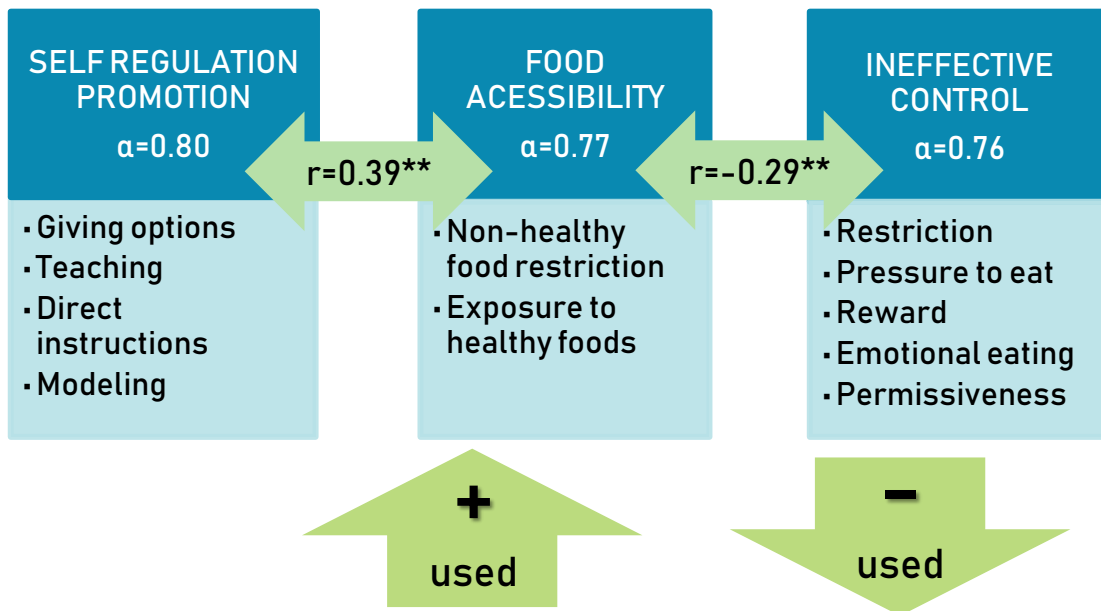
2. Barriers:

Child features
Parents' cooking skills
School and friends
Other family members

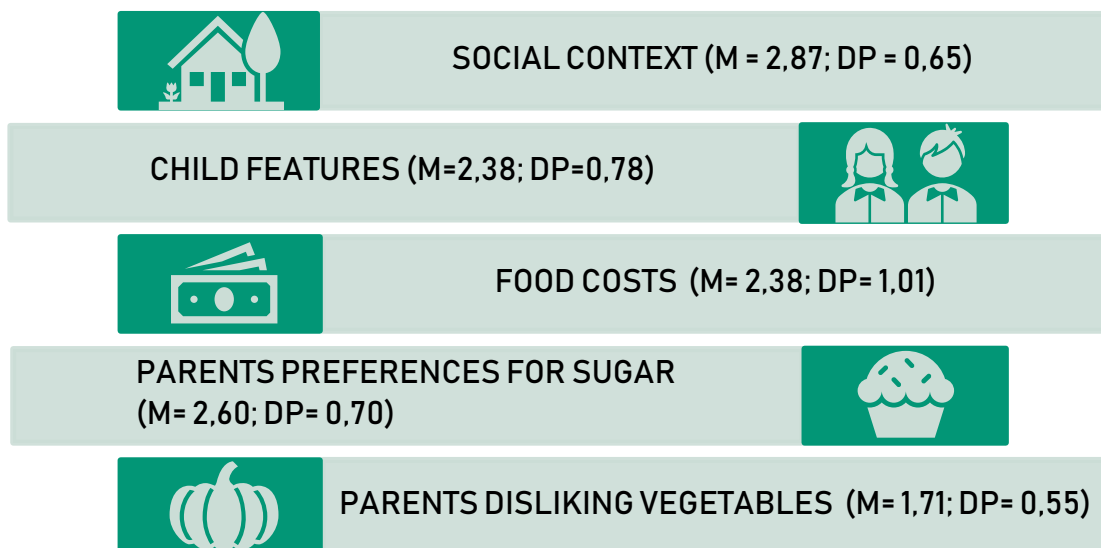


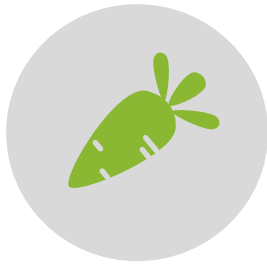
Results

1. Parental Food Practices

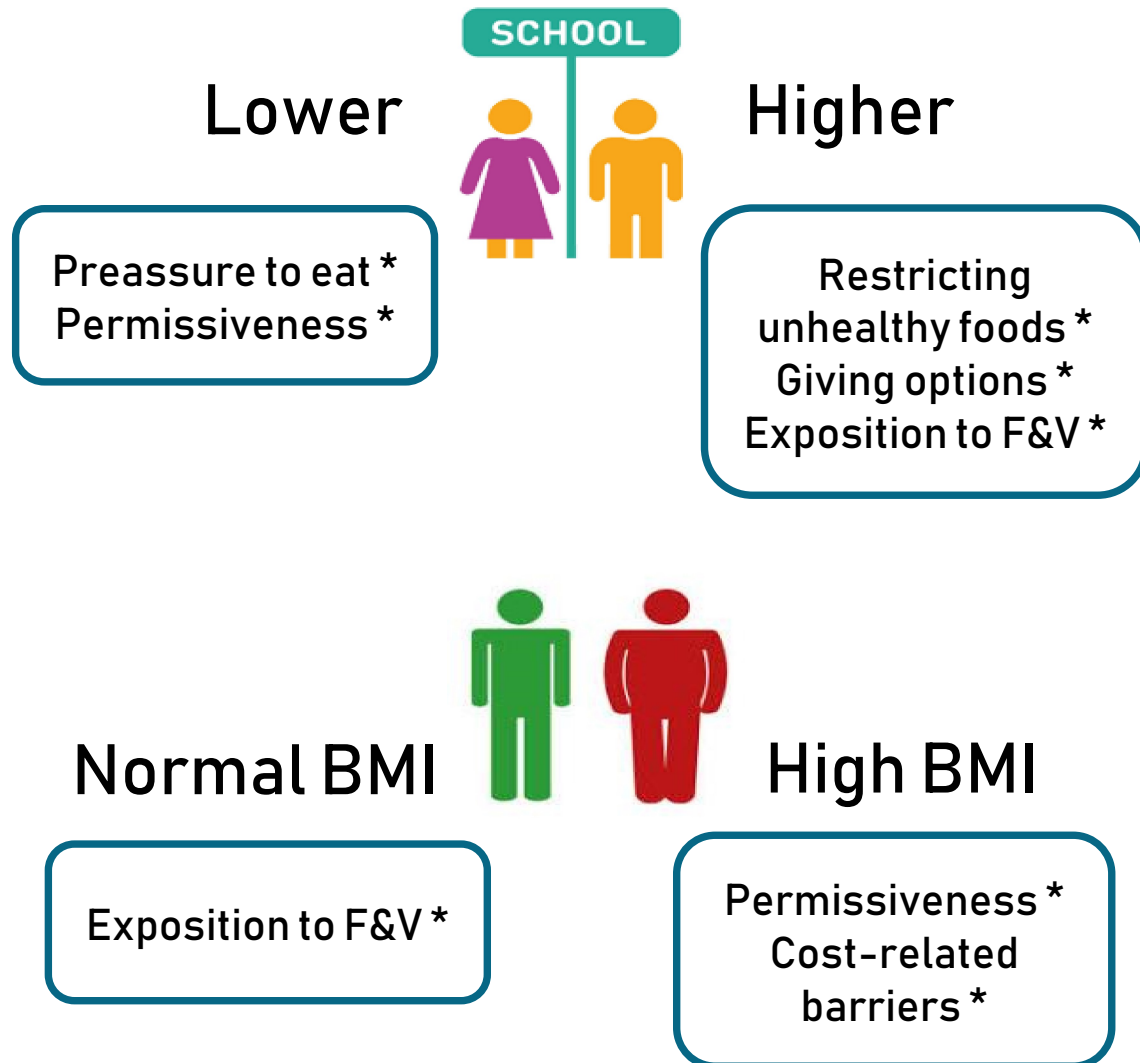


2. Parents' Perception of Barriers





Results



Parents who are more concerned about the child's weight use more:

- Pressure to eat
- Emotional feeding



Conclusions

The Parenting Food Practices Questionnaire and the Parental Perceptions of Child Healthy Eating Barriers Questionnaire showed good psychometric conditions to be used in future studies and assess parenting interventions efficacy.

Results point to the relevance of further exploring parenting food practices and their perception of barriers to better tailor preventive interventions to promote healthy eating habits during early childhood.