



Measuring Providers Behaviors

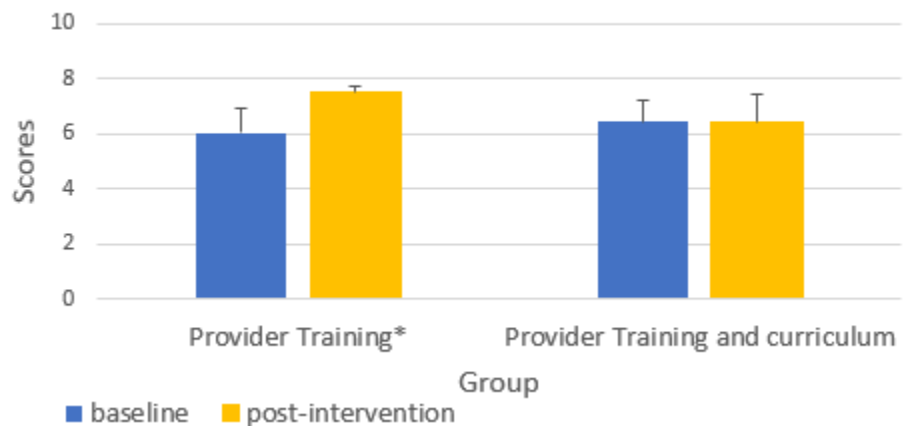
- Mealtime observations were completed before and after a brief feeding behavior training and scores were compared between time points.
- The Mealtime Observation in Child Care tool was used to record observed behaviors, responses were converted to a numerical scaled score, and each section and total having a max possible score of 10.

Feeding Behavior Changes Between Groups

- The group that only received the feeding behavior training improved their feeding behaviors overall with greatest improvements including:
 - encouraging children to act as peer models for one another
 - encouraging children to self-regulate their intake and decide when they were hungry and full
 - increasing their use of permissive feeding behaviors
- There were no major improvements in feeding behaviors for the group that received the feeding behavior training along with classroom curriculum.



Overall Feeding Behavior Scores



Summary of Findings

The group that was trained only in the feeding practices improved their feeding behaviors while the group that received multiple trainings did not. This indicates that multiple trainings on different topics may reduce their application in a classroom. It may be more helpful for teachers, if training topics are spread out over time.

References

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