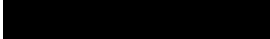




Child Family Health Nurse (C&FHN) Survey

Exploring the infant feeding advice provided by Child & Family Health Nurses in 

PLEASE TICK BOX TO CONFIRM YOU HAVE NOT ALREADY COMPLETED THIS SURVEY ON-LINE

This survey takes approximately 10-15 minutes to complete. All information that you provide will be kept **confidential** and stored securely. This survey is for research purposes only, it will be de-identified, your name will not be known and your individual results will not be reported.

1. Approximately how many consultations would you have with infants and young children (0-5 years) in a typical week?: _____

2. Approximately what proportion of the consultations with infants and young children (0-5 years), are for the following reason?:

	None	A few (1-25%)	Some (26-50%)	Majority (51-75%)	Almost all (>75%)
a. Routine baby or child health checks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Immunisations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Breastfeeding advice or support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Other infant feeding advice or support (excluding breastfeeding)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Acute health problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Chronic health problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Other, please specify: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Do you have easy access to the following (please tick all that apply):

a. Standard growth charts for infants 0-2 years	<input type="radio"/>
b. BMI percentile chart for children aged 2-18 years	<input type="radio"/>
c. Education materials for parents on infant feeding	<input type="radio"/>
d. Education materials for parents on healthy eating for toddlers and pre-schoolers	<input type="radio"/>
e. Education materials for parents on promoting active play in young children	<input type="radio"/>
f. Education materials for parents on limiting sedentary activities (eg TV watching)	<input type="radio"/>
g. Education materials for parents on sleep and settling techniques for infants	<input type="radio"/>
h. None of the above	<input type="radio"/>

4. As part of a typical consultation with young children(0-5 years), about how often would you undertake the following activities. (Please tick one response for each statement).

% of Consultations with young children	Never	Rarely	Sometimes	Often	Most of time
	0%	1-25%	26-50%	51-75%	>75%
a. Measure height and weight of children <u>under 2</u> years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Plot height & weight on growth chart (for children <u>under 2</u> years)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Measure height and weight for children <u>over 2</u> years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Calculate body mass index (BMI) for children <u>over 2</u> years and plot on a BMI percentile chart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Use growth or BMI charts to identify infants/children who are at risk of overweight or obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Provide advice or support to encourage continuation of breastfeeding in breastfeeding mothers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Provide advice on correct formula preparation to parents who are formula feeding their infants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Provide advice on sleep and settling techniques for infants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Provide advice on <u>when</u> to introduce solid foods to infants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Provide advice on <u>how</u> to introduce solid foods to infants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide advice about what foods to introduce to infants					
k. Talk to parents about eating their meals with their children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Talk to parents about limiting children's intake of sweetened drinks (eg juice and soft drinks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Talk to parents about offering water as the child's main drink (after 12 months of age)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talk to parents about appropriate portion sizes for their child					
n. Talk to parents about limiting TV or other screen based activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Talk to parents about limiting TV viewing & other electronic media use in children 2-5 years of age to <u>less than one hour</u> per day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. Talk to parents about increasing active play for young children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q. Talk to parents about increasing their children's fruit & vegetable intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r. Talk to parents about limiting high sugar and/or high fat foods (eg cakes, biscuits, lollies, chips, take away foods etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Referral to other services					
s. Refer or facilitate a referral to a dietitian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
t. Refer or facilitate a referral to a weight management clinic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
u. Refer or facilitate a referral to allied health professional, please state _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. The following statements ask about your views on infant feeding and TV watching in infants & young children.

Please indicate how much you agree or disagree with the statements by ticking one response for each statement.

	Strongly Disagree	Disagree	Agree	Strongly Agree
a. Parents should offer an alternative food if their child doesn't eat the food offered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Parents should encourage their children to eat all the food on their plate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. If a parent continues to offer foods their baby hasn't previous enjoyed, they will come to enjoy them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. The best way to settle a crying infant is to feed him/her	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. An infant under 6 months sometimes needs more than breast milk or formula to be full	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. An infant knows when s/he is full	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. TV is educational for infants and young children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Children under 2 should be allowed to watch TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. The recommendation to limit TV watching and the use of other electronic media (DVDs, computers etc) to less than one hour per day for children 2-5 years is unrealistic/unhelpful for most parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. How confident are you in undertaking the following (Please *tick one response for each statement*)

	Not at all confident	Somewhat confident	Very confident	Extremely confident
a. Measuring infants' height & weight & plotting on a growth chart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Calculating BMI for children 2 years & older & plotting on a BMI percentile chart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Identifying infants and young children who are at risk of overweight or obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Providing breastfeeding advice and support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Providing advice on correct formula preparation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Providing advice on sleeping and settling techniques for infants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Providing advice to parents regarding <u>when</u> to introduce solid foods to infants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Providing advice to parents regarding <u>how</u> to introduce solid foods to infants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing advice on portion sizes for young children				
i. Talking to parents about eating their meals with their children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Talking to parents about limiting children's intake of sweetened drinks (eg juice and soft drinks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Talking to parents about offering water as the child's main drink (after 12 months of age)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Talking to parents about limiting TV or other screen based activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Talking to parents about increasing active play for young children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Talking to parents about increasing their children's fruit and vegetable intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Talking to parents about limiting children's intake of high sugar and/or high fat foods (eg cakes, biscuits, lollies, chips, take away foods etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. Do you use any published guidelines (eg from government or health bodies) to inform your practice and advice regarding (please tick all that apply):

- a Infant feeding
- b. healthy eating in young children (0-5 years)
- c. Physical activity in young children (0-5 years)
- d. Sedentary behavior (eg TV watching) in young children (0-5 years)
- e. None of the above

7b. If YES, please specify which guideline(s) you use:

_____	_____
_____	_____
_____	_____

8. The following statements ask about your views on promoting healthy weight gain in infants and young children.

Please indicate how much you agree or disagree with the statements by ticking one response for each statement.

	Strongly Disagree	Disagree	Agree	Strongly Agree
a. Fatness or accelerated weight gain in infancy is NOT related to the development of overweight in childhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. It is easy to identify overweight infants and young children just by looking at them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. It is easy to identify infants and young children who <u>are at risk</u> of becoming overweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Providing advice to parents on infant feeding is an important part of my role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Talking to parents about healthy infant feeding practices fits easily into my routine consultations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I feel uncomfortable raising the issue of infants' and young children's weight with parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. For most parents, my advice & support does little to promote the adoption of a healthy lifestyle for the whole family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Providing advice on healthy eating and physical activity for the whole family is valued as an important part of my role by my managers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Some parents react negatively to me raising the issues of their child's weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. I have sufficient time to properly address healthy lifestyle behaviors with families with young children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Providing advice on healthy lifestyle behaviours for the whole family is an important part of my role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Parents I see are generally not interested in discussing the development of healthy lifestyle habits for their children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. I find it professionally rewarding to address healthy lifestyle behaviours with families of young children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Rate the importance of the following **barriers** to promoting healthy weight gain in infants & young children

	Not very important	Somewhat important	Moderately important	Very important
a. Parent is not motivated to change diet or lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Parent is overweight, so they are not concerned that the child is overweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Socio-economic factors affect the ability of families to make a change (eg cost of healthy food)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Lack of support for me to undertake this work in my role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. My own lack of time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Parents don't recognise their child is overweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. A lack of appropriate education materials for parents available in my clinic/practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. A lack of relevance to the parent or child's presenting issue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. A lack of referral pathways to provide additional/ongoing support for parents if required	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. A lack of clinical services to provide additional/ongoing support for parents if required	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. My concern that parents will not be receptive to my advice on healthy eating and physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. I lack confidence to counsel parents about healthy eating and physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Addressing the child's weight is not a priority for parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. I lack knowledge about preventive care for child obesity (including healthy eating & physical activity recommendations)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. My concern that parents will not act on my advice about healthy eating and physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. Advice regarding healthy eating, physical activity and reducing sedentary behavior (eg TV watching is not effective in preventing children from becoming overweight)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q. Lack of relevance to my role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r. My lack of interest in promoting healthy weight gain in children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
s. My own lifestyle habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
t. Other, please specify: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. In the past 2 years have you had formal training (ie. more than one hour of professional designed instruction) on any of the following (please tick all that apply):

- a. Breastfeeding
- b. Introduction of solids to infants (eg timing, types of foods)
- c. Healthy infant feeding practices (eg eating together as a family, use of food as a reward)
- d. Healthy eating for young children (0-5 years)
- e. Active play for young children (0-5 years)
- f. Limiting sedentary behavior (eg TV watching) in young children (0-5 years)
- g. Obesity prevention in children
- h. Obesity management in children
- i. Behaviour change techniques
- j. None of the above

11. Would you be interested in additional training in the area of promoting healthy weight gain in young children?

Yes

No

11a. If YES, please specify the main topic areas you would like further training on:

12. If you would like training, in what format would you like to receive it? (please tick all that apply)

- a. Workshop
- b. Self-study material (eg online module)
- c. Clinical supervision/mentoring
- d. Other, please specify:

13. Are you?

Male

Female

14. What is your age?

- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60+ years

15. How many years have you worked as a Family and Child Health Nurse?

- Less than 5 years
- 5-10 years
- 11-15 years
- More than 15 years

16. Do you work

- Full time
- Part time _____ hours per week

17. Would you be interested in participating in an interview with a researcher to talk further about your experiences in promoting healthy lifestyle in families with young children (this will take approximately 30 minutes)

- Yes
- No

If you answered yes, please provide your details below (please note this page will be detached from the rest of your survey responses):

Name _____

Best daytime contact number: _____

Email address: _____

Names of the main suburbs in which you work: _____

**END OF SURVEY
THANK YOU FOR YOUR PARTICIPATION.**

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