



Nourishing Little Minds Early Childhood Education

INFORMATION SHEET AND CONSENT FORM

Dear Educator,

Thank you for taking part in Nourishing Little Minds (NLM) early childhood education project. As part of this project we will be collecting information about your knowledge of healthy eating, and how this may be reflected in your daily interactions with children, as well as in planning and programming cycles. The information we collect will be used to assist in assessing and improving the NLM program, and inform the future direction of program development to support children to establish healthy eating habits and develop a healthy relationship with food.

It is important to note that any information collected will be de-identified and coded to protect your privacy, and only anonymous results will be shared outside of this research program. You will not be able to be identified or traced in any way by the information you provide. Participation in this research is entirely voluntary, and if you consent to participate, you may withdraw from the study at any time with no penalty.

This information sheet is provided to explain the project scope, the extent of your potential involvement and to request your participation. A consent form is provided at the end of this information sheet.

PROJECT OVERVIEW:

Nourishing Little Minds (NLM) combines early childhood education's foundations of play-based learning with expert nutrition guidelines to enrich children's awareness, interest, and enjoyment of healthy foods. The program links food literacy and hands-on positive food experiences to support the development of healthy eating habits of young children and their families. This project aims to establish that combining early childhood education, child literacy, and play-based food related experiences with positive food exposure is effective in contributing to the establishment of healthy eating habits in young children. The Nourishing Little Minds Early childhood program involves participating in an initial Professional Learning session held at your place of employment, where the NLM educator manual, and resource kit will be presented to each centre's early childhood educators.

YOUR INVOLVEMENT:

What will you be asked to do?

- Prior to commencing the Professional Learning session, educators will be asked to undertake a pre-program questionnaire to assess your knowledge, skills, and confidence in healthy eating promotion as an early childhood educator. This questionnaire will take approximately 5-10 minutes.
- At the completion of the Professional Learning session, educators will be asked to complete the post-survey questionnaire to assess the impact of the session.
- Three months after the completion of the session, educators will be asked to complete an online follow-up survey, to assess the long-term impact of the program. The questionnaire is estimated to take 5- 10 minutes to complete. This will help us to identify any sustainable engagement and programming behaviours that may have occurred as a result of taking part in the Nourishing Little Minds Program.
- Centre Directors will be asked to participate in additional baseline, 3-month and 6-month follow up surveys to identify the ECEC service' practices in exposing children to healthy food.

Is participation voluntary?

- Participation in this research is entirely voluntary.
- If you decide to consent and then later change your mind, you are able to withdraw your participation at any time without prejudice.
- Data obtained up until the time you withdraw may still be used in the research, unless you request otherwise.

What are the benefits of taking part?

- This project will help provide an opportunity to improve the nutrition education embedded in early childhood programming cycles and curriculum.
- This research will assist researchers to review and evaluate the efficacy of the NLM program and make improvements where necessary.
- This project can inform future research and program development in effective ways at exposing children to new and healthy foods.

How will my privacy be protected?

- Any data provided by you may be published in journal articles, reports and/or proceedings but you and/or your centre will not be identified as the source. While it is not possible in this study to collect anonymous data, the data collected will be safely de-identified by using a numerical code to ensure that confidentiality is preserved. Data prior to being de-identified will not be shared outside of the immediate team of researchers.

How will I get to know what were the findings generated from this study?

At the conclusion of the program in December 2022, directors of all participating centres will be informed of the research findings to disseminate to interested parties.

Who do I contact if I want more information?

- If you would like to discuss any aspect of this study, please contact Leanne Elliston on 02 6162 2583 or at lelliston@act.nutritionaustralia.org
- For independent advice, you may also contact the Human Research Ethics Committee of the University of Canberra office: Mr Hendryk Flaegel via phone 02 6201 5220, Ms Maryanne Simpson via phone 02 6206 3916 or email humanethicscommittee@canberra.edu.au.
- If you would like some guidance on the questions you could ask about your participation please refer to the Participants' Guide located at <http://www.canberra.edu.au/ucresearch/attachments/pdf/a-m/Agreeing-to-participate-in-research.pdf>

What do I need to do?

- Once you have read the Information sheet, please complete, sign and return the consent form below to your centre director, or directly to the Nourishing Little Mind facilitator at the professional learning session.

Thank you for participating in this research project.

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This study has been approved by Human Research Ethics Committee of the University of Canberra. The Approval number is: 20214713

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CONSENT FORM

- I understand the purpose of the project.
- I have been provided with the project overview.
- I understand that my involvement is voluntary and I can withdraw at any time without prejudice.
- I understand that no personal identifying information like my name and address will be used in research publication and that all information will be securely stored for 5 years before being destroyed.
- I have been given the opportunity to ask questions and if I have any additional questions I can contact the research team.
- I understand that I will be required to :
 - Participate in the project if I have an interest in supporting optimal food provision and nutrition education in the Early Childhood Sector
 - Undertake pre and post program surveys about healthy eating promotion in childcare.
 - Give feedback about my experience and if I have used any information or done anything differently as a result of taking part in the project.
- I understand that I have agreed freely to participate in this project