

# An In-Depth Look at How Parent-Child Interactions and Parenting Practices Shape Children's Eating Behaviours

## A Qualitative Inquiry

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# BACKGROUND

- › Research has demonstrated that the household environment influences children's dietary behaviours<sup>1,2</sup>, since parents act as socializing agents<sup>3</sup>
- › However, little research has focused on describing the pathways through which parents influence children's dietary behaviours<sup>4</sup>



Source: National Cancer Institute (1995). September 17, 2018.

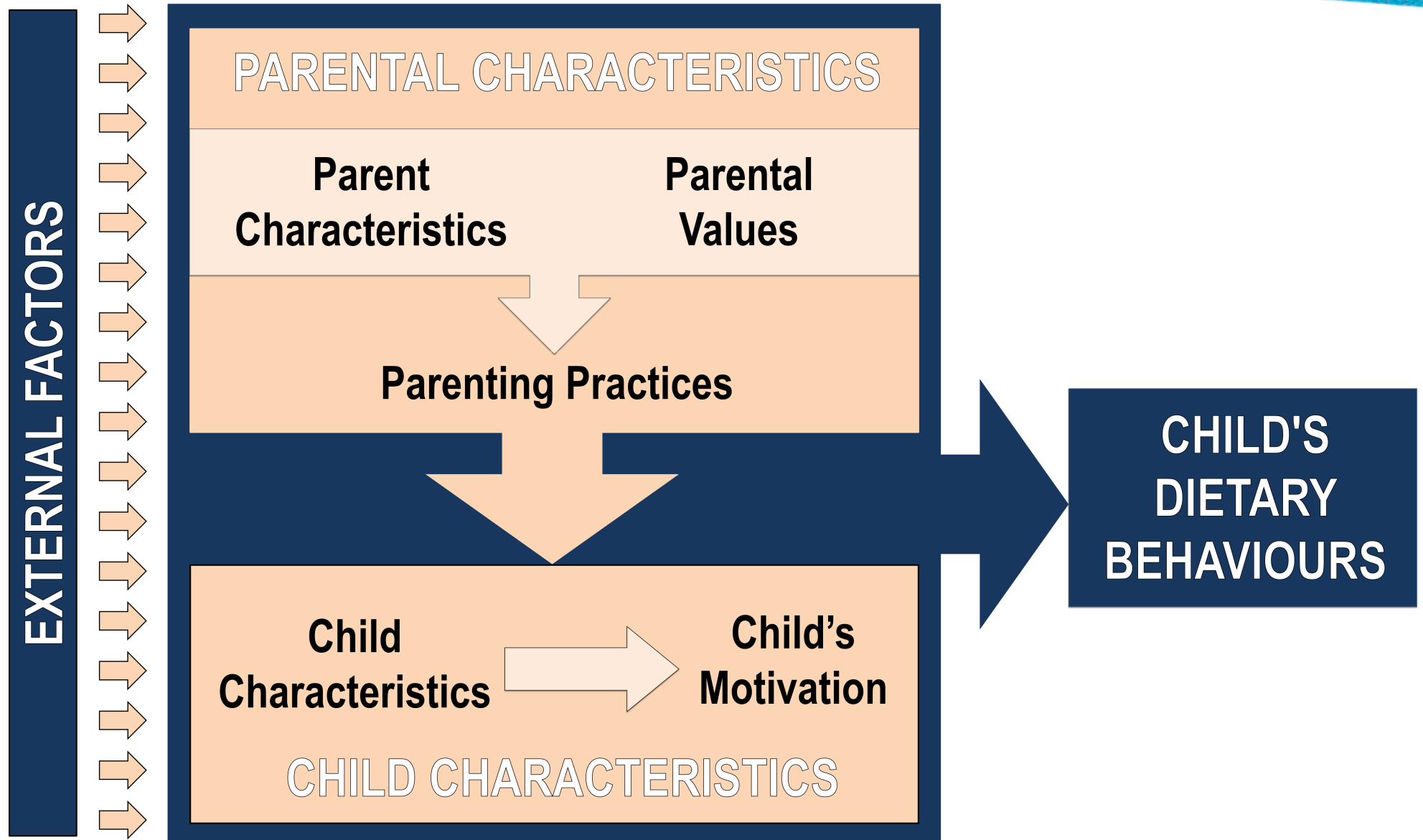
# RESEARCH QUESTION

- To elucidate the pathways through which parents influence children's motivation to practice healthy dietary behaviours

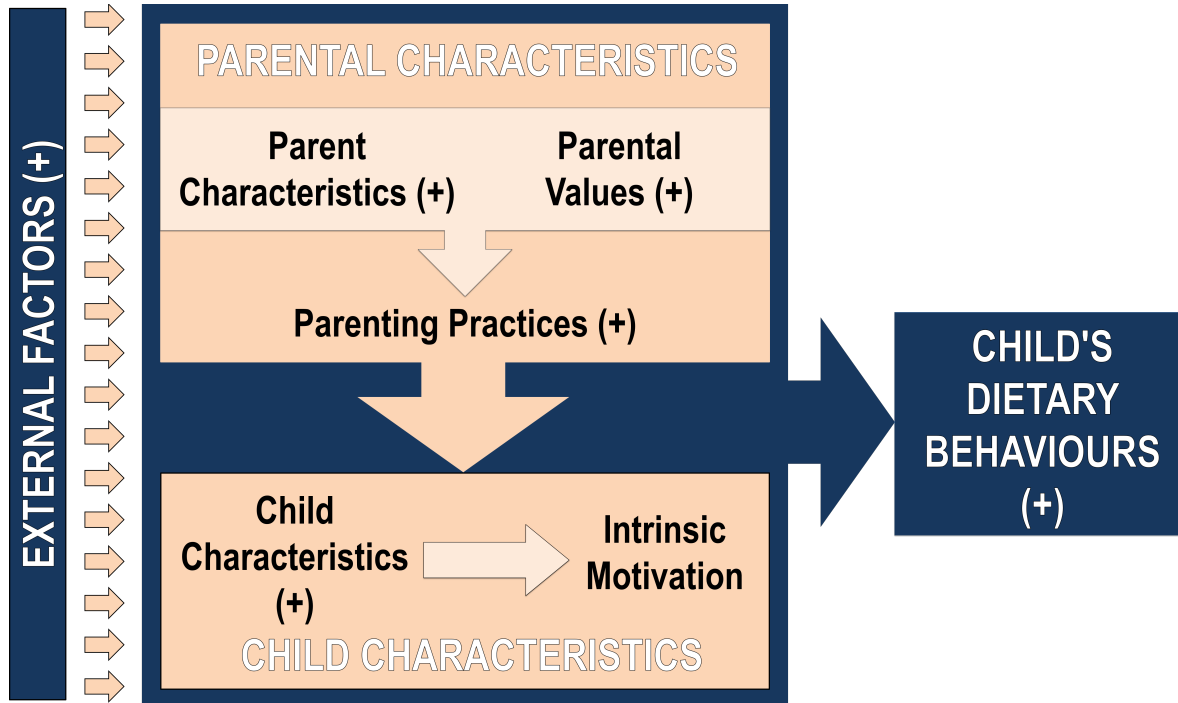
# METHODS

- › Grounded theory approach (informed by the literature)
- › Semi-structured interviews were conducted among 28 families (parent & grade 7 student) from Surrey, British Columbia
  - › Interviews focused on describing the environmental and behavioural factors that influenced children's health behaviours during their transition into high school
- › Study sample included:
  - › 68% Mothers
  - › 50% Boys & Girls
  - › 46% South and Southeast Asian; 25% White; 29% Other
  - › 46% Household income <\$60,000
- › Descriptive coding and family case summaries<sup>5</sup> were produced, while constant comparison analyses within and across families served to identify pathways

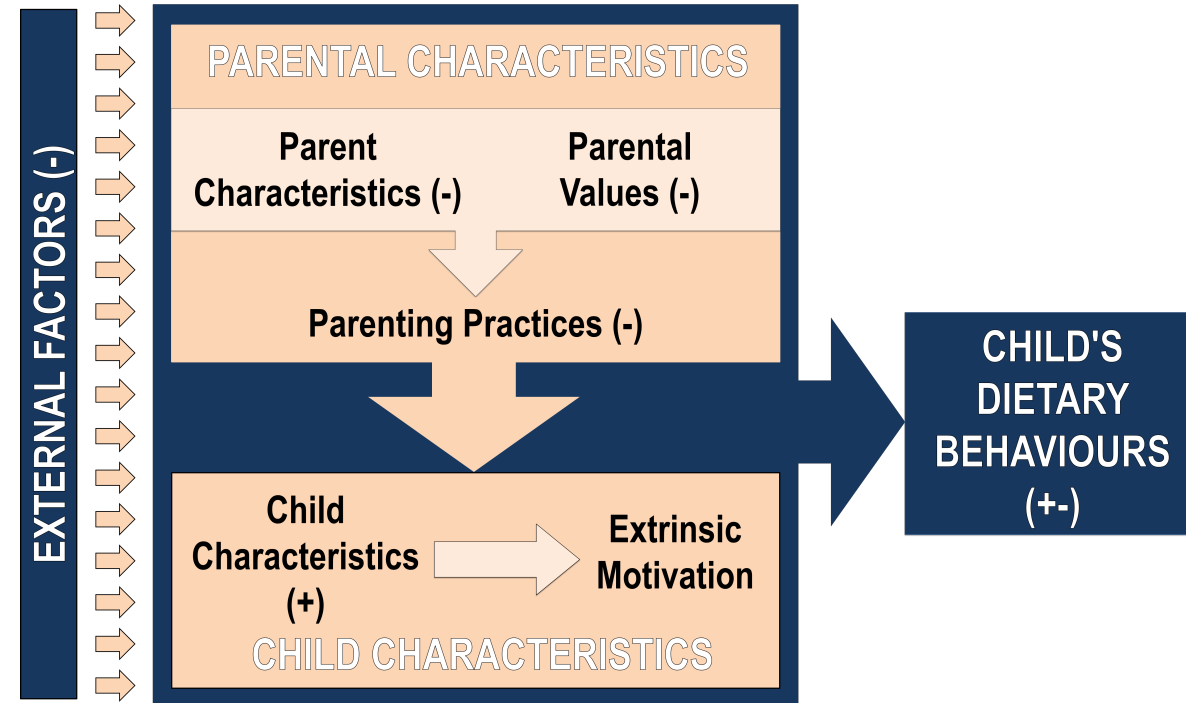
# RESULTS



## Pathways to Intrinsic Motivation



## Pathways to Extrinsic Motivation



- › Results highlight the multiple pathways through which parent/child characteristics and external factors shape children's motivation and dietary behaviours
- › Parental practices **AND** the broader context into which these practices are operationalized help shape children's self-regulatory processes
- › Future paediatric dietary interventions should look into addressing these complexities, in order to improve program effectiveness

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