Table 1. *Characteristics of the Sample (N = 25)*

Variables	Parent Characteristics	Child Characteristics
Gender	23 female, 2 male	11 female, 14 male
Age, mean (*SD*)	33.79 (4.83) years	33.88 (7.43) months
Range	24 – 48 years	24 – 45 months
Parent BMI, mean (*SD*)*	26.16 (6.06)	
Child BMI percentile, mean (*SD*)*		66.52 (30.07)
Weight categories:+		
Underweight	4.5% (n=1)	8% (n=2)
Normal weight	45.5% (n=10)	64% (n=16)
Overweight	27.3% (n=6)	12% (n=3)
Obese	22.7% (n=5)	16% (n=4)
Breastfed		76% (n=19)
Breastfeeding duration, mean (*SD*)		3.73 (2.53) months
Solid food introduction, mean (*SD*)		5.27 (0.82) months
Educational level	8% Professional/Doctorate (n=2)	
	24% Masters degree (n=6)	
	48% University graduate (n=12)	
	8% Post-Graduate certificate (n=2)	
	8% A-Levels (n=2)	
	4% Other (n=1)	
Family annual income	28% £75000+ ($119000+) (n=7)	
	8% 60-75000 ($95-119000) (n=2)	
	36% £45-60000 ($72-95000) (n=9)	
	20% £30-45000 ($48-72000) (n=5)	
	8% £15-30000 ($24-48000) (n=2)	
Ethnicity	88% White British (n=22)	
	8% Other (n=2)	
	4% Oriental (n=1)	

Note. *Based on 22 out of 25 parents and 25 out of 25 children.

+ British 1990 growth reference (UK90) for determining weight categories in children. Cut off points: Underweight: 2nd centile or below. Normal weight: 3rd centile to 84th centile. Overweight: 85th centile to 94th centile. Obese: 95th centile or above.

Table 2. *Descriptions of parental feeding strategies and examples*

Behaviour Category	Description of Behaviour	Examples
Teaching	Comments made by the parent describing the NF in some aspect e.g. characteristics, history etc.	"Inside, there's a big stone" "It's a fruit"
Verbal pressure	Comments made by the parent either, to discount the child's negative response to the NF and to re-introduce it, or instructing the child to try it.	"Try it, and then if you don't like it, it doesn't matter" "Come and eat your date"
Physical prompt	Any physical attempt made by the parent to encourage the child to try the NF.	Passing the novel food into the child's hand Holding the novel food up into the child's line of sight
Reward/bargaining	Comments made by the parent outlining the positive and/or negative consequences of trying the NF. This also includes providing incentives and compensations for doing so and punishments for refusing.	"Once you've eaten this, you can go and play" "Tell you what, if you try it you can have half of my biscuit"
Comparison	Comments made by the parent that compare the NF to other, more familiar foods.	"Well it's a bit like a grape" "It looks a little like a tomato doesn't it?"
Role-play	Using other people, characters or games as models for trying the NF.	"Does Toby the train want to eat this sharon fruit?" "Show me how Hammy hamster nibbles"
Modeling: Comments / facial expressions / verbalisations during eating NF	Comments made by the parent that refer to his/her own NF, either before or after eating it/ Facial expressions made by the parent whilst eating the NF/ Comments or noises made by the parent whilst eating the NF.	"Mummy try it, it'll be lovely" Smiling "Nice" "Mmmm, that's yummy"

Table 3. *Number of Parents (N=25) Displaying Feeding Strategies and their*

Frequency of Display

Feeding strategy	% of parents (*n*)	Frequency *M* (*SD*)
Verbal pressure	88 (22)	8.36 (14.78)
Physical prompt	80 (20)	2.88 (6.23)
Modeling comments, facial expressions & verbalisations	76 (19)	5.8 (6.42)
Comparison	68 (17)	2.52 (4.09)
Teaching	64 (16)	2 (2.77)
Rewarding/bargaining	52 (13)	1.56 (3.74)
Role-play	32 (8)	1.2 (2.35)

Table 4: *Partial Correlation Coefficients and Associated Probabilities for Parental Feeding Strategies, Age of Introduction of Solids and Frequency of Child Behaviours Towards the NF (controlling for family annual income and duration of meal)*

	Frequency of Child behaviours								
	Physical refusal	Verbal refusal	Touched/Held but refused	Smelled but refused	Licked but refused	Held in mouth but refused	Swallowed but refused	Swallowed and enjoyed	Frequency of Taste exposure
Feeding strategies									
Teaching	-0.04	0.26	-0.03	0.41*	0.41*	-0.27	-0.22	-0.15	-0.18
Verbal pressure	0.80+++	0.83+++	-0.23	0.05	0.20	0.10	-0.06	0.37	0.36
Physical prompt	0.85+++	0.77+++	-0.24	0.12	0.15	0.20	-0.01	0.45+	0.47+
Rewarding/bargaining	0.82+++	0.80+++	-0.13	0.26	0.15	0.31	0.01	0.43+	0.50+
Comparison	0.19	0.43*	-0.14	0.87***	0.39*	0.14	-0.07	-0.08	0.20
Role-play	0.16	0.54**	-0.20	-0.32	0.36*	-0.09	-0.03	-0.08	-0.02
Modeling behaviours	-0.02	0.47*	-0.06	0.36*	0.37*	-0.11	-0.01	-0.08	-0.02
Age at introduction of solids	0.19	0.02	0.15	0.01	0.26	0.05	-0.40*	-0.42*	-0.33

*. p=0.05 (one-tailed).
**. p=0.01 (one-tailed).
***. p=0.001 (one-tailed).
+. p=0.05 (two-tailed).
++. p=0.01 (two-tailed).
+++. p=0.001(two-tailed).

Table 5

Summary of Multiple Linear Regression Analysis for Variables Predicting the Frequency of Swallowing and Enjoying the NF (N = 25)

	B	*SE B*	β	p
Model 1				
Age at which solids were introduced	-0.87	0.28	-0.53	<.01
Family's annual income	-0.15	0.18	-0.14	.40
Length of mealtime	-0.02	0.04	-0.09	.64
Physical prompt	0.19	0.13	0.86	.18
Rewarding/Bargaining	-0.10	0.22	-0.28	.66
Model 2				
Age at which solids were introduced	-0.86	0.28	-0.52	<.01
Family's annual income	-0.16	0.17	-0.15	.38
Length of mealtime	-0.02	0.04	-0.09	.64
Physical prompt	0.13	0.04	0.59	<.01
Model 3				
Age at which solids were introduced	-0.85	0.27	-0.51	<.01
Family's annual income	-0.17	0.17	-0.16	.32
Physical prompt	0.13	0.04	0.59	<.01
Model 4				
Age at which solids were introduced	-0.91	0.26	-0.55	<.01
Physical prompt	0.12	0.03	0.56	<.01

Note. R^2 = .53 for Model 1; R^2 = .52 for Model 2; R^2 = .52 for Model 3; R^2 = .49 for Model 4.

Table 6

Summary of Multiple Linear Regression Analysis for Variables Predicting the Frequency of Taste Exposures to the NF (N = 25)

	B	*SE B*	β	p
Model 1				
Age at which solids were introduced	-0.89	0.40	-0.40	.04
Family's annual income	-0.40	0.25	-0.28	.13
Length of mealtime	-0.02	0.06	-0.06	.76
Physical prompt	0.04	0.18	0.14	.83
Rewarding/Bargaining	0.21	0.30	0.44	.49
Model 2				
Age at which solids were introduced	-0.88	0.37	-0.40	.03
Family's annual income	-0.41	0.24	-0.29	.10
Length of mealtime	-0.02	0.05	-0.05	.77
Rewarding/Bargaining	0.27	0.09	0.57	<.01
Model 3				
Age at which solids were introduced	-0.87	0.36	-0.39	.03
Family's annual income	-0.42	0.23	-0.29	.08
Rewarding/Bargaining	0.26	0.08	0.55	<.01

Note. R^2 = .52 for Model 1; R^2 = .52 for Model 2; R^2 = .51 for Model 3.