

Do you have a child 8-15 months old?

The CU Anschutz research team wants to learn more about how the timing of repeatedly offering a new food affects how well your child accepts that food.

You may be eligible for the **Healthy Starts Study**. The goal is to understand how the timing of offering a new food repeatedly affects how much of that food your child eventually accepts and how eagerly they accept it.



To see if you are eligible to take part in the **Healthy Starts Study**, visit us at this website:
<https://redcap.link/d6wg3ud6>



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Who Can Participate?

You may be able to take part in Healthy Starts if...

- > You are at least 18 years old
- > You have a child between 8-15 months old, who was born full term and does not have a medical condition that makes feeding difficult

What to Expect

When you enroll, you will visit the Children's Eating Lab in Aurora 4 times over 3 months. You will offer the new food to your child at home 10 times over 6 weeks.

Resources

As a participant you will receive food to offer your child and a gift card as a thank you for your time.