



Participate in a GrEAT Study!

**5 and 6-year-old children and a parent or caregiver
are invited to participate!**

We need your help!

Our study is looking at how different ways of feeding can affect what children eat. We will also look at how children's nutrition is associated with their growth and development.

How can you help?

Your child will participate in assessments to measure their growth and health. As part of these assessments, we will provide you and your child lunch. As a parent, you know what works and what doesn't when it comes to feeding your child. During the COVID-19 pandemic, there are different ways to participate. You may be asked to visit us at the University of Toronto or to complete the study measurements at home as Public Health recommendations require.

You will receive three reports: one on your child's eating habits, one on how they are growing and one on their development.

You will receive
a grocery gift
card for
participating!

Lunch provided!

Total time
commitment:
4 hours

COVID-19
precautions &
remote options.

To participate or learn more:

Call Kathryn at 437-227-4870

or email us at: optimom.study@sickkids.ca

