

Fitting food into the lives of working families

Children's leaflet



What are we doing?

We are talking to working mums and dads and their children about food and eating inside and outside the home. We especially want to find out about what children think about food and eating.

Why are we doing this?

Lots of mums and dads have jobs. Many children go to breakfast clubs, afterschool clubs, play schemes and child care, as well as school, while their parents are at work. We want to find out more about how children eat in these different places as well as at home.

What would you have to do?

We would like you to tell us about food and eating at home and other places. You can draw pictures and use stickers when you are talking to us. We can visit you at home or somewhere else, if you and your family prefer.

If it's OK with you, we would like to record what you tell us but only the researchers will listen to it. We will share what we find out by writing about it. No names or places will be mentioned in any reports so no one will know it was you. We won't tell anyone what you say, unless someone is in danger.

Can I change my mind?

You don't have to talk to us if you don't want to. You can change your mind about talking to us at any time and you can say if you don't want to answer some questions.

Any questions?

You can contact any of us for more information:

Rebecca O'Connell 020 7612 6458/r.o'connell@ioe.ac.uk

Abigail Knight 020 7612 6936/a.knight@ioe.ac.uk

Julia Brannen 020 7612 6951/j.brannen@ioe.ac.uk

Ann Mooney 020 7612 6948/a.mooney@ioe.ac.uk

**Thomas Coram Research Unit, Institute of Education,
University of London, 27–28 Woburn Square,
London WC1H 0AA**