



# ABAfeed

Infant feeding help

### Contact for further information

If you have any questions about taking part in the ABA-feed study or anything related to it, please contact.

**Tel:** 0121 415 8060

**Email:** [aba-feedstudy@contacts.bham.ac.uk](mailto:aba-feedstudy@contacts.bham.ac.uk)

**Website:** [aba-feed.org](http://aba-feed.org)

Please leave a message and we will **always** call you back.



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# ABAfeed

## Infant feeding help

### STUDY

We want to find out how we can help first time mothers to feed their baby successfully and confidently

## **We want to find out how we can help mothers to feed their baby successfully and confidently.**

We invite you to take part in the ABA-feed study. Before you decide whether to take part, it is important to understand why we are doing this study and what it would involve.

Please take time to read the following information carefully and talk to others if you wish.

### **What is this study about?**

Many new mothers have questions about feeding their baby and would welcome some extra support and advice. We would like to compare two different ways of helping new mothers. One group of mothers will have usual information and support for feeding their baby from their midwife, health visitor and other available voluntary groups (usual care). The other mothers will have usual care as well as a meeting in pregnancy, telephone calls and texts from the ABA-feed team to help them to feed their baby successfully and confidently (ABA-feed).

### **What is involved?**

The study involves answering a few questions at an antenatal appointment, by telephone or video-call and completing a questionnaire. This will take no more than 20 minutes.

You will then be allocated by chance to one of the two groups – usual care or ABA-feed.

After your baby is born, we will ask you a few questions by text, email, phone or post about how you are getting on feeding your baby. We will contact you four times: when your baby is a few days old, and when s/he is 8 weeks, 16 weeks and 24 weeks old.

We may also ask if you would be willing to talk to one of our researchers about your experience of feeding your baby.

As a thank you, we will **send you shopping vouchers** after you have completed the questions when your baby is 8 weeks and 16 weeks old.

### **How will my information be used?**

In this research study we will use information from you and from your maternity records. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study.

Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules.

At the end of the study, we will save some of the data in case we need to check it and for future research.

We will make sure no-one can work out who you are from the reports we write.

The Participant Information Leaflet tells you more about this.

### **What happens next?**

When you attend an antenatal appointment, you may be approached by a researcher if you have indicated that you would be interested in taking part in the study. They will explain the study and answer any questions you may have; then ask you to fill out a brief questionnaire. Alternatively, you may be asked for permission for a researcher to contact you. Or, if you are interested in taking part or finding out more, you can contact us using the QR code or details at the end of this sheet and we will get back to you.

Speaking to a researcher does not mean you have to take part in the study – you can decide not to take part at any time.

