

Supplementary Table S1: PICNIC Intervention Content

<b>Introduction of solids</b> <ul style="list-style-type: none"> <li>- Signs your baby is ready for solid food</li> <li>- Solids from 6 months</li> <li>- Iron Rich foods</li> <li>- Food texture</li> <li>- Choking risk</li> <li>- Food safety</li> </ul>	<b>Food Restriction</b> <ul style="list-style-type: none"> <li>- Restricting amount of food</li> <li>- Prevalence of restricting amount eating</li> <li>- Impact of disrupted appetite</li> <li>- Management of non-core foods</li> <li>- Overt Restriction</li> <li>- Covert Restriction</li> </ul>
<b>Responsive feeding</b> <ul style="list-style-type: none"> <li>- Signs my baby is hungry or full</li> <li>- Food to Calm</li> </ul>	<b>Australian Guide to Health Eating</b> <ul style="list-style-type: none"> <li>- Age appropriate nutrition principals</li> <li>- Core/ Non - Core foods</li> </ul>
<b>Food Exposure</b> <ul style="list-style-type: none"> <li>- New food phobia</li> <li>- Food rejection by infants</li> <li>- Neutral exposure</li> <li>- Variation between infant/children taste</li> <li>- Food Sensitisation</li> </ul>	<b>Meal Structure</b> <ul style="list-style-type: none"> <li>- Family meals</li> <li>- Meal Environment</li> <li>- Mess at meal times</li> <li>- Distractions</li> </ul>
<b>Division of Responsibility</b> <ul style="list-style-type: none"> <li>- Parent provide child decide</li> <li>- Trust in roles</li> </ul>	<b>Role Modelling</b> <ul style="list-style-type: none"> <li>- Role modelling and learning to eat</li> <li>- Impact on neophobia</li> <li>- Positive and negative role modelling</li> </ul>
<b>Food Rewards</b> <ul style="list-style-type: none"> <li>- Food reward for eating</li> <li>- Food reward for behaviour</li> <li>- Strategies for food reward environment</li> </ul>	<b>Common Feeding concerns</b> <ul style="list-style-type: none"> <li>- Problem feeding</li> <li>- Picky v problem eaters</li> </ul>
<b>Pressure to eat</b> <ul style="list-style-type: none"> <li>- Prevalence of pressured eating</li> <li>- Short long term outcomes of pressured eating</li> <li>- Examples of pressure</li> <li>- Strategies navigating food environment</li> </ul>	