Supplementary Table 1: Regression analyses of parental work hours and household income, family, parent and child factors, and proportion of total energy intake from discretionary foods and beverages (main meals and snacks combined) in 2-year-old Australian children (n=526)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Step 1** | | **Step 2** | | **Step 3** | | **Step 4** | | **Step 5** | | **Step 6** | |
|  | **B (SE)** | **β** | **B (SE)** | **β** | **B (SE)** | **β** | **B (SE)** | **β** | **B (SE)** | **β** | **B (SE)** | **β** |
| Maternal working hrs (ref: not working) | |  |  |  |  |  |  |  |  |  |  |  |
| 1 to <21 hrs | 0.33 (1.15) | 0.01 | 0.45 (1.16) | 0.02 | 0.78 (1.17) | 0.03 | 0.68 (1.13) | 0.03 | 0.77 (1.13) | 0.03 | 0.86 (1.14) | 0.04 |
| 21 to <35 hrs | 2.21 (1.24) | 0.09 | 2.75 (1.30) | 0.11\* | 3.21 (1.31) | 0.12\* | 2.34 (1.28) | 0.09 | 2.62 (1.29) | 0.10\* | 2.81 (1.29) | 0.11\* |
| 35+ hrs | -0.43 (1.74) | -0.01 | -0.06 (1.78) | -0.00 | 0.25 (1.79) | 0.01 | -1.10 (1.75) | -0.03 | -0.89 (1.74) | -0.02 | -0.74 (1.74) | -0.02 |
| Paternal working hrs (ref: 35 to 40 hrs) | |  |  |  |  |  |  |  |  |  |  |  |
| Not working | -3.50 (2.51) | -0.06 | -2.93 (2.54) | -0.05 | -2.61 (2.54) | -0.05 | -1.51 (2.48) | -0.03 | -1.99 (2.49) | -0.04 | -1.74 (2.49) | -0.03 |
| 1 to <35 hrs | -0.54 (1.61) | -0.02 | -1.00 (1.63) | -0.03 | -0.68 (1.63) | -0.02 | -0.23 (1.59) | -0.01 | -0.42 (1.59) | -0.01 | -0.56 (1.60) | -0.02 |
| >40 hrs | -1.27 (1.10) | -0.05 | -1.51 (1.10) | -0.06 | -1.60 (1.10) | -0.07 | -1.79 (1.07) | -0.07 | -1.81 (1.07) | -0.07 | -1.96 (1.07) | -0.08 |
| Household income (ref: <50k) | -5.06 (1.39) | -0.17\*\*\* | -4.82 (1.50) | -0.16\*\* | -4.18 (1.51) | -0.14\*\* | -4.35 (1.47) | -0.14\*\* | -4.28 (1.46) | -0.14\*\* | -4.60 (1.47) | -0.15\*\* |
| Partnered (ref: single) |  |  | 1.90 (3.22) | 0.03 | 1.78 (3.21) | 0.03 | 1.67 (3.10) | 0.02 | 2.05 (3.10) | 0.03 | 3.15 (3.14) | 0.05 |
| Paternal education (ref: no uni)a |  |  | -2.09 (0.96) | -0.10\* | -1.09 (1.04) | -0.05\* | -0.90 (1.01) | -0.04 | -0.79 (1.01) | -0.04 | -0.82 (1.01) | -0.04 |
| No of children (ref: one child) |  |  | 1.35 (1.00) | 0.06 | 1.59 (1.04) | 0.07 | 0.96 (1.03) | 0.04 | 0.89 (1.03) | 0.04 | 1.11 (1.03) | 0.05 |
| Maternal education (ref: no uni)a | |  |  |  | -2.10 (1.05) | -0.10 | -1.10 (1.05) | -0.05 | -1.14 (1.04) | -0.05 | -1.41 (1.05) | -0.06 |
| Maternal agea |  |  |  |  | -0.13 (0.10) | -0.06 | -0.06 (0.10) | -0.03 | -0.09 (0.10) | -0.04 | -0.07 (0.10) | -0.03 |
| Maternal BMIb |  |  |  |  | 1.04 (0.09) | 0.02 | 0.06 (0.09) | 0.03 | 0.09 (0.09) | 0.04 | 0.06 (0.09) | 0.03 |
| Reward for behaviour |  |  |  |  |  |  | 1.70 (0.82) | 0.11\* | 1.66 (0.82) | 0.10\* | 1.63 (0.85) | 0.10 |
| Reward for eating |  |  |  |  |  |  | 1.77 (0.76) | 0.12\* | 1.73 (0.76) | 0.12\* | 1.77 (0.77) | 0.12\* |
| Covert restriction |  |  |  |  |  |  | -2.13 (0.54) | -0.17\*\*\* | -2.09 (0.54) | -0.17\*\*\* | -2.00 (0.54) | -0.16\*\*\* |
| Overt restriction |  |  |  |  |  |  | -0.34 (0.54) | -0.03 | -0.35 (0.54) | -0.03 | -0.49 (0.56) | -0.04 |
| Same food |  |  |  |  |  |  | 0.15 (0.40) | 0.02 | 0.14 (0.40) | 0.02 | 0.06 (0.44) | 0.01 |
| Group allocation (ref: NOURISH control/SAIDI) | | |  |  |  |  | -1.01 (1.03) | -0.04 | -1.13 (1.03) | -0.05 | -1.30 (1.04) | -0.06 |
| Child gender (ref: male) |  |  |  |  |  |  |  |  | 1.15 (0.91) | 0.05 | 1.10 (0.92) | 0.05 |
| Child age |  |  |  |  |  |  |  |  | -0.02 (8.26) | 0.00 | -1.76 (8.29) | -0.01 |
| Child BMI Z-score |  |  |  |  |  |  |  |  | -0.89 (0.46) | -0.08 | -0.72 (0.47) | -0.07 |
| Food responsiveness |  |  |  |  |  |  |  |  |  |  | -0.38 (0.96) | -0.02 |
| Enjoyment of food |  |  |  |  |  |  |  |  |  |  | 0.09 (1.14) | 0.01 |
| Satiety & slowness |  |  |  |  |  |  |  |  |  |  | 2.47 (1.11) | 0.12\* |
| Food fussiness |  |  |  |  |  |  |  |  |  |  | -0.24 (0.93) | -0.02 |
| Emotional overeating |  |  |  |  |  |  |  |  |  |  | 1.75 (1.13) | 0.08 |
| Emotional undereating |  |  |  |  |  |  |  |  |  |  | -1.11 (0.58) | -0.09 |
| Desire to drink |  |  |  |  |  |  |  |  |  |  | -0.16 (0.58) | -0.01 |
| **Adjusted R2** | **0.025\*\*** | | **0.034\*\*** | | **0.040\*\*** | | **0.108\*\*\*** | | **0.112\*\*\*** | | **0.117\*\*\*** | |
| **R2 change** | **0.038\*\*** | | **0.014** | | **0.011** | | **0.076\*\*\*** | | **0.010** | | **0.016** | |

a At recruitment/child birth

b At Time 1/child age 4-6 months

ref = reference category \* p<0.05; \*\*p<0.01; \*\*\*p<0.001

Supplementary Table 2: Regression analyses of parental work hours and household income, family, parent and child factors, and proportion of total energy intake from discretionary foods and beverages (main meals and snacks combined) in 2-year-old Australian children (n=526)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Step 1** | | **Step 2** | | **Step 3** | | **Step 4** | | **Step 5** | | **Step 6** | |
|  | **B (SE)** | **β** | **B (SE)** | **β** | **B (SE)** | **β** | **B (SE)** | **β** | **B (SE)** | **β** | **B (SE)** | **β** |
| Maternal working hrs (ref: not working) | |  |  |  |  |  |  |  |  |  |  |  |
| 1 to <21 hrs | -0.22 (0.87) | -0.01 | -0.15 (0.87) | -0.01 | 0.08 (0.88) | 0.00 | 0.01 (0.86) | 0.00 | 0.09 (0.86) | 0.01 | 0.19 (0.86) | 0.01 |
| 21 to <35 hrs | 1.43 (0.95) | 0.07 | 1.98 (0.98) | 0.10\* | 2.28 (0.99) | 0.12\* | 1.58 (0.97) | 0.08 | 1.84 (0.98) | 0.09 | 2.04 (0.98) | 0.10\* |
| 35+ hrs | 0.12 (1.32) | 0.004 | 0.43 (1.34) | 0.02 | 0.61 (1.35) | 0.02 | -0.41 (1.33) | -0.02 | -0.27 (1.33) | -0.01 | -0.16 (1.33) | -0.01 |
| Paternal working hrs (ref: 35 to 40 hrs) | |  |  |  |  |  |  |  |  |  |  |  |
| Not working | -0.65 (1.91) | -0.02 | -0.02 (1.91) | 0.00 | 0.20 (1.92) | 0.01 | 1.02 (1.88) | 0.02 | 0.60 | 0.01 | 0.69 (1.90) | 0.02 |
| 1 to <35 hrs | -1.01 (1.23) | -0.04 | -1.54 (1.23) | -0.06 | -1.31 (1.23) | -0.05 | -0.87 (1.21) | -0.03 | -1.06 (1.21) | -0.04 | -1.12 (1.21) | -0.04 |
| >40 hrs | -1.43 (0.84) | -0.08 | -1.74 (0.83) | -0.09\* | -1.79 (0.83) | -0.10\* | -1.96 (0.81) | -0.11\*\* | -1.96 (0.81) | -0.11\* | -2.11 (0.81) | -0.11\* |
| Household income (ref: <50k) | -3.15 (1.06) | -0.14\*\* | -2.83 (1.13) | -0.12\* | -2.38 (1.14) | -0.10\* | -2.49 (1.12) | -0.11\*\* | -2.45 (1.11) | -0.11\* | -2.69 (1.12) | -0.12\* |
| Partnered (ref: single) |  |  | 2.48 (2.42) | 0.05 | 2.37 (2.42) | 0.05 | 2.23 (2.36) | 0.04 | 2.50 (2.36) | 0.05 | 3.33 (2.39) | 0.06 |
| Paternal education (ref: no uni)a |  |  | -2.74 (0.72) | -0.17\*\*\* | -2.03 (0.78) | -0.12\* | -1.98 (0.77) | -0.12\*\* | -1.90 (0.77) | -0.12\* | -1.93 (0.77) | -0.12\* |
| No of children (ref: one child) |  |  | 1.33 (0.76) | 0.08 | 1.46 (0.79) | 0.09 | 1.09 (0.78) | 0.07 | 1.05 (0.78) | 0.06 | 1.22 (0.79) | 0.07 |
| Maternal education (ref: no uni)a | |  |  |  | -1.50 (0.80) | -0.09 | -0.88 (0.80) | -0.05 | -0.91 (0.76) | -0.05 | -1.10 (0.80) | -0.07 |
| Maternal agea |  |  |  |  | -0.08 (0.08) | -0.05 | -0.05 (0.08) | -0.03 | -0.07 (0.08) | -0.04 | -0.06 (0.08) | -0.03 |
| Maternal BMIb |  |  |  |  | 0.04 (0.07) | 0.02 | 0.05 (0.07) | 0.03 | 0.08 (0.07) | 0.05 | 0.06 (0.07) | 0.04 |
| Reward for behaviour |  |  |  |  |  |  | 0.82 (0.62) | 0.07 | 0.79 (0.62) | 0.07 | 0.82 (0.65) | 0.07 |
| Reward for eating |  |  |  |  |  |  | 1.25 (0.58) | 0.11\*\* | 1.20 (0.58) | 0.11\* | 1.35 (0.58) | 0.12\* |
| Covert restriction |  |  |  |  |  |  | -1.44 (0.41) | -0.15\*\* | -1.41 (0.41) | -0.15\*\* | -1.33 (0.41) | -0.14\*\* |
| Overt restriction |  |  |  |  |  |  | -0.30 (0.41) | -0.03 | -0.28 (0.41) | -0.03 | -0.31 (0.43) | -0.03 |
| Same food |  |  |  |  |  |  | -0.22 (0.30) | -0.03 | -0.20 (0.30) | -0.03 | -0.41 (0.33) | -0.06 |
| Group allocation (ref: NOURISH control/SAIDI) | | |  |  |  |  | -0.80 (0.78) | -0.05 | -0.94 (0.78) | -0.05 | -1.03 (0.79) | -0.06 |
| Child gender (ref: male) |  |  |  |  |  |  |  |  | 0.58 (0.69) | 0.04 | 0.40 (0.70) | 0.02 |
| Child age |  |  |  |  |  |  |  |  | 3.04 (6.28) | 0.02 | 1.57 (6.30) | 0.01 |
| Child BMI Z-score |  |  |  |  |  |  |  |  | -0.79 (0.35) | -0.10\* | -0.70 (0.36) | -0.09 |
| Food responsiveness |  |  |  |  |  |  |  |  |  |  | -0.14 (0.73) | -0.01 |
| Enjoyment of food |  |  |  |  |  |  |  |  |  |  | 0.18 (0.86) | 0.01 |
| Satiety & slowness |  |  |  |  |  |  |  |  |  |  | 1.82 (0.84) | 0.12\* |
| Food fussiness |  |  |  |  |  |  |  |  |  |  | -0.70 (0.70) | -0.06 |
| Emotional overeating |  |  |  |  |  |  |  |  |  |  | 0.99 (0.86) | 0.06 |
| Emotional undereating |  |  |  |  |  |  |  |  |  |  | -1.01 (0.44) | -0.11\* |
| Desire to drink |  |  |  |  |  |  |  |  |  |  | -0.17 (0.44) | -0.02 |
| **Adjusted R2** | **0.018\*** | | **0.050\*\*\*** | | **0.055\*\*\*** | | **0.104\*\*\*** | | **0.110\*\*\*** | | **0.114\*\*\*** | |
| **R2 change** | **0.031\*** | | **0.037\*\*\*** | | **0.010** | | **0.058\*\*\*** | | **0.011** | | **0.016\*\*\*** | |

a At recruitment/child birth

b At Time 1/child age 4-6 months

ref = reference category \* p<0.05; \*\*p<0.01; \*\*\*p<0.001

Supplementary Table 3: Regression analyses of parental work hours and household income, family, parent and child factors, and proportion of total energy intake from discretionary foods and beverages (main meals and snacks combined) in 2-year-old Australian children (n=526)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Step 1** | | | **Step 2** | | **Step 3** | | **Step 4** | | | | **Step 5** | | **Step 6** | |
|  | **B (SE)** | **β** | **B (SE)** | | **β** | **B (SE)** | **β** | **B (SE)** | | **β** | | **B (SE)** | **β** | **B (SE)** | **β** |
| Maternal working hrs (ref: not working) | |  |  | |  |  |  |  |  | |  | |  |  |  |
| 1 to <21 hrs | 0.66 (0.64) | 0.05 | 0.77 (0.65) | | 0.06 | 0.91 (0.65) | 0.07 | 0.83 (0.65) | | 0.06 | | 0.85 (0.65) | 0.06 | 0.83 (0.65) | 0.06 |
| 21 to <35 hrs | 0.58 (0.69) | 0.04 | 0.68 (0.72) | | 0.05 | 0.87 (0.73) | 0.06 | 0.59 (0.73) | | 0.04 | | 0.68 (0.74) | 0.05 | 0.67 (0.74) | 0.05 |
| 35+ hrs | -0.57 (0.96) | -0.03 | -0.38 (0.99) | | -0.02 | -0.25 (1.00) | -0.01 | -0.70 (1.00) | | -0.03 | | -0.60 (0.98) | -0.03 | -0.53 (1.00) | -0.03 |
| Paternal working hrs (ref: 35 to 40 hrs) | |  |  | |  |  |  |  |  | |  | |  |  |  |
| Not working | -3.44 (1.39) | -0.11\* | -3.52 (1.42) | | -0.11\* | -3.38 (1.42) | -0.11\* | -2.84 (1.41) | | -0.09\* | | -3.02 (1.42) | -0.10\* | -2.84 (1.43) | -0.09\* |
| 1 to <35 hrs | -0.15 (0.90) | -0.01 | -0.15 (0.91) | | -0.01 | -0.03 (0.91) | -0.00 | 0.09 (0.91) | | 0.00 | | 0.04 (0.91) | 0.00 | -0.01 (0.91) | -0.00 |
| >40 hrs | -0.33 (0.61) | -0.03 | -0.28 (0.62) | | -0.02 | -0.31 (0.62) | -0.02 | -0.31 (0.61) | | -0.02 | | -0.33 (0.61) | -0.03 | -0.26 (0.61) | -0.02 |
| Household income (ref: <50k) | -2.18 (0.77) | -0.13\* | -2.40 (0.83) | | -0.14\*\* | -2.14 (0.85) | -0.13\* | -2.14 (0.84) | | -0.13\* | | -2.10 (0.84) | -0.13\* | -2.16 (0.84) | -0.13\* |
| Partnered (ref: single) |  |  | -0.14 (1.80) | | -0.00 | -0.18 (1.80) | -0.01 | -0.21 (1.77) | | -0.01 | | -0.08 (1.77) | -0.00 | -0.00 (1.79) | 0.00 |
| Paternal education (ref: no uni)a | |  | 0.83 (0.54) | | 0.07 | 1.23 (0.58) | 0.10\* | 1.37 (0.57) | 0.11\* | | 1.41 (0.58) | | 0.12\* | 1.44 (0.58) | 0.12\* |
| No of children (ref: one child) |  |  | 0.26 (0.56) | | 0.02 | 0.38 (0.59) | 0.03 | 0.08 (0.59) | | 0.01 | | 0.04 (0.59) | 0.00 | 0.08 (0.59) | 0.01 |
| Maternal education (ref: no uni)a | |  |  | |  | -0.81 (0.59) | -0.07 | -0.30 (0.60) | -0.02 | | -0.32 (0.60) | | -0.03 | -0.41 (0.60) | -0.03 |
| Maternal agea |  |  |  | |  | -0.06 (0.06) | -0.05 | -0.03 (0.06) | | -0.02 | | -0.04 (0.06) | -0.03 | -0.04 (0.06) | -0.03 |
| Maternal BMIb |  |  |  | |  | 0.01 (0.05) | 0.01 | 0.02 (0.05) | | 0.02 | | 0.03 (0.05) | 0.03 | 0.02 (0.05) | 0.02 |
| Reward for behaviour |  |  |  | |  |  |  | 0.85 (0.47) | | 0.10 | | 0.83 (0.47) | 0.09 | 0.73 (0.49) | 0.08 |
| Reward for eating |  |  |  | |  |  |  | 0.43 (0.43) | | 0.05 | | 0.44 (0.43) | 0.06 | 0.28 (0.44) | 0.04 |
| Covert restriction |  |  |  | |  |  |  | -0.94 (0.31) | | -0.14\*\* | | -0.92 (0.31) | -0.14\*\* | -0.94 (0.31) | -0.14\*\* |
| Overt restriction |  |  |  | |  |  |  | -0.17 (0.31) | | -0.03 | | -0.18 (0.31) | -0.03 | -0.34 (0.32) | -0.05 |
| Same food |  |  |  | |  |  |  | 0.28 (0.23) | | 0.06 | | 0.26 (0.23) | 0.05 | 0.44 (0.25) | 0.09 |
| Group allocation (ref: NOURISH control/SAIDI) | | | |  |  |  |  | -0.72 (0.59) | | -0.06 | | -0.72 (0.59) | -0.06 | -0.81 (0.59) | -0.06 |
| Child gender (ref: male) |  |  |  | |  |  |  |  | |  | | 0.51 (0.52) | 0.04 | 0.68 (0.53) | 0.06 |
| Child age |  |  |  | |  |  |  |  | |  | | -3.25 (4.72) | -0.03 | -3.21 (4.74) | -0.03 |
| Child BMI Z-score |  |  |  | |  |  |  |  | |  | | -0.28 (0.26) | -0.05 | -0.18 (0.27) | -0.03 |
| Food responsiveness |  |  |  | |  |  |  |  | |  | |  |  | -0.20 (0.55) | -0.02 |
| Enjoyment of food |  |  |  | |  |  |  |  | |  | |  |  | 0.30 (0.65) | 0.03 |
| Satiety & slowness |  |  |  | |  |  |  |  | |  | |  |  | 0.67 (0.63) | 0.06 |
| Food fussiness |  |  |  | |  |  |  |  | |  | |  |  | 0.81 (0.53) | 0.09 |
| Emotional overeating |  |  |  | |  |  |  |  | |  | |  |  | 0.68 (0.65) | 0.06 |
| Emotional undereating |  |  |  | |  |  |  |  | |  | |  |  | 0.16 (0.34) | 0.02 |
| Desire to drink |  |  |  | |  |  |  |  | |  | |  |  | -0.03 (0.33) | -0.00 |
| **Adjusted R2** | **0.016\*** | | **0.015** | | | **0.016** | | **0.049\*\*** | | | | **0.049\*\*** | | **0.052\*\*** | |
| **R2 change** | **0.029\*** | | **0.005** | | | **0.006** | | **0.044\*\*** | | | | **0.005** | | **0.016\*\*** | |

a At recruitment/child birth

b At Time 1/child age 4-6 months

ref = reference category \* p<0.05; \*\*p<0.01; \*\*\*p<0.001