

# What is MILQ?

SAHMRI Women and Kids are conducting a new survey (MILQ), that will follow mother-infant pairs across the first 12 months of life to find out how South Australian babies are being fed.


We would like to know more about some of the challenges with infant feeding and what families find helpful.


We are also interested in the timing of complementary foods (such as solids and semi-solids) and the types of foods given to babies in their first year of life.



## How to enrol into the study

To find out more or to register your interest, please contact us:

 [milq@sahmri.com](mailto:milq@sahmri.com)

 (08) 8128 4436

Or visit our website:

[www.sahmriresearch.org/MILQ](http://www.sahmriresearch.org/MILQ)

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V2.0 MILQ Study Brochure\_30June2020

Are you a parent  
or guardian of a  
newborn baby?



# MILQ

Mother-Infant  
Lactation Questionnaire

## Why do we want to know about how you feed your child?

The aim of the MILQ study is to understand how families are feeding their full term infants over the first 12 months of life, and what challenges they experience. We hope to use this information to inform the support services at South Australian hospitals and postnatal care providers.

The information collected will also help us understand the current practices for the introduction of complementary feeding.



## What do we wish to find out through the MILQ Study?

1 **What are the current practices for feeding term infants in South Australia?**

2 **What challenges do families experience when trying to feed their infants?**

3 **When do families introduce complementary feeding?**



## Who can take part in the MILQ Study?

**To participate in the MILQ Study, you will need to meet the following requirements:**

### **Families of**

- singleton born babies,
- born between 37 and 42 weeks gestation, and
- who are currently **less than or equal to** 49 days (7 weeks) of age

Participation involves completing short online surveys. The frequency and number of surveys you will receive will depend on your baby's age at enrolment and their feeding practices.

Each survey will take between 5-10 minutes to complete.