

## **Maternal and infant factors associated with spit-up estimation accuracy**

Zuchowski R & Kavanagh KF

Anecdotal evidence suggests parents believe infant spit-up results in significant calorie loss, possibly leading to overfeeding and/or inappropriate introduction of solid foods. However, little is known about the actual calorie loss from normal bouts of infant spit-up. Our previous work indicates average calorie loss is probably quite modest (~5%). Therefore, the objectives were to assess, via an online survey, mothers' ability to accurately estimate spit-up amounts using photographs of known quantities and to explore factors potentially related to accuracy. Mothers of healthy, term infants  $\leq 6$  months old, were eligible. Along with demographic and infant-feeding questions, mothers were asked to estimate the amount of spit-up shown in a series of randomized photos. Preliminary analysis of a sample of 46 mothers indicated mothers were  $\sim 33 (\pm 4.9)$  years old, 85% were White, 59% had  $\geq$  a bachelor's degree, and 44% were low-income. Infants were  $\sim 4 (\pm 2.0)$  months old at survey completion, and the majority were female (59%). Preliminary analysis of an image representing 1 tablespoon of infant spit-up indicated 24% of mothers accurately identified the amount, while 54% provided an overestimate. These limited preliminary results indicate a potential intervention topic that may attenuate concern with infant calorie loss via normal spit-up.