

FEEDING YOUR CHILD

Below are 14 statements about feeding.
Think about each one, then circle the letter that tells how often you do, think or feel that way.

Please circle your response

A = Almost always O = Often S = Sometimes R = Rarely N = Never

1	I make sure my child's meals and snacks are at about the same times every day.	A	O	S	R	N
2	I make my child eat what is on his or her plate.	A	O	S	R	N
3	I give my child water when he or she is thirsty between meals.	A	O	S	R	N
4	I let my child have drinks (like juice, milk, soda or iced tea) between meals.	A	O	S	R	N
5	I make my child taste everything I make for a meal.	A	O	S	R	N
6	If my child won't eat, I make something different.	A	O	S	R	N
7	I only cook foods I know my child will eat.	A	O	S	R	N
8	To get my child to eat, I offer something like dessert or a toy.	A	O	S	R	N
9	I enjoy family meals.	A	O	S	R	N
10	I sit down and eat meals with my child.	A	O	S	R	N
11	I feel my child is growing well.	A	O	S	R	N
12	My child eats off and on all day.	A	O	S	R	N
13	If I don't set limits, my child eats too much.	A	O	S	R	N
14	I feel good about my child's eating.	A	O	S	R	N

FEEDING YOUR CHILD SCORING SHEET

Add up the numbers that correspond to the responses on the first page.

A = Almost always O = Often S = Sometimes R = Rarely N = Never

70 is the maximum score (14 times 5). Until the scale is normed, assume that parent is doing well if they get a score of 56 (14 times 4). Also note that certain questions have asterisks to indicate they may be used as qualifying for WIC risk factors.

1	I make sure my child's meals and snacks are at about the same times every day.*	5	4	3	2	1
2	I make my child eat what is on his or her plate.*	1	2	3	4	5
3	I give my child water when he or she is thirsty between meals.	5	4	3	2	1
4	I let my child have drinks (like juice, milk, soda or iced tea) between meals.*	1	2	3	4	5
5	I make my child taste everything I make for a meal.*	1	2	3	4	5
6	If my child won't eat, I make something different.*	1	2	3	4	5
7	I only cook foods I know my child will eat.*	1	2	3	4	5
8	To get my child to eat, I offer something like dessert or a toy.*	1	2	3	4	5
9	I enjoy family meals.	5	4	3	2	1
10	I sit down and eat meals with my child.	5	4	3	2	1
11	I feel my child is growing well.	5	4	3	2	1
12	My child eats off and on all day.*	1	2	3	4	5
13	If I don't set limits, my child eats too much.*	1	2	3	4	5
14	I feel good about my child's eating.	5	4	3	2	1

*Statements marked with an asterisk that score 1 or 2 automatically qualify the respondent for WIC.

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