

Participant # _____

Preschooler Feeding Questionnaire

The next survey is about your child feeding styles. I am going to read you several questions and for these questions please tell me whether your answer is:
NEVER, RARELY, SOMETIMES, OFTEN or ALWAYS.

1. Is he/she a picky eater?

never	rarely	sometimes	often	always
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2. Does he/she watch TV at meals?

never	rarely	sometimes	often	always
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3. During the day, do you give him/her a bottle?

never	rarely	sometimes	often	always
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4. Is it hard to get him/her to eat new foods?

never	rarely	sometimes	often	always
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5. Do you make special meals for him/her because he/she is a picky eater?

never	rarely	sometimes	often	always
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6. Is it a struggle to get him/her to eat?

never	rarely	sometimes	often	always
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7. Do you feed him/her yourself if he/she does not eat enough?

never	rarely	sometimes	often	always
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8. Do you have to stop him/her from eating too much?

never	rarely	sometimes	often	always
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9. Do you think about putting him/her on a diet to keep him/her from becoming overweight?

never	rarely	sometimes	often	always
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10. Does he/she have a set mealtime or snack routine?

never	rarely	sometimes	often	always
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Modified from Baughcum AE, Powers SW, Johnson SB, Chamberlin LA, Deeks CM, Jain A, Whitaker RC: **Maternal feeding practices and beliefs and their relationships to overweight in early childhood.** *Journal of Developmental and Behavioral Pediatrics*: JDBP 2001, 22:391-408.

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11. At meals, do you let him/her choose the food he/she wants from what is served?

never	rarely	sometimes	often	always
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12. Do you try to get him/her eat all the food on his/her plate?

never	rarely	sometimes	often	always
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13. Do you offer him/her dessert after a meal to get him/her to eat foods that are good for him/her?

never	rarely	sometimes	often	always
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14. When he/she gets fussy, is giving him/her something to eat or drink the **first** thing you would do?

never	rarely	sometimes	often	always
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15. Do you ever punish your child if he/she doesn't eat more?

never	rarely	sometimes	often	always
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16. Do you give (**USE CHILD'S NAME**) something to eat or drink if he/she is bored even if you thought he/she is not hungry?

never	rarely	sometimes	often	always
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17. Do you get upset if he/she does not eat enough?

never	rarely	sometimes	often	always
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18. Do you worry that he/she is eating too much?

never	rarely	sometimes	often	always
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19. Do you use foods that he/she likes as a way to get your son/daughter to eat "healthy" foods he/she doesn't like?

never	rarely	sometimes	often	always
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20. Do you make your son/daughter finish all his/her meal before he/she could have a dessert?

never	rarely	sometimes	often	always
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21. Do you make him/her eat all of the food on his/her plate by feeding him/her yourself?

never	rarely	sometimes	often	always
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22. Do you get upset if he/she eats too much?

never	rarely	sometimes	often	always
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23. Do you give **(USE CHILD'S NAME)** something to eat/drink if he/she is upset?

never	rarely	sometimes	often	always
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24. Does he/she have a poor appetite?

never	rarely	sometimes	often	always
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25. Do you sit down with him/her when he/she eats meals?

never	rarely	sometimes	often	always
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26. If he/she does not like what is being served, do you make something else?

never	rarely	sometimes	often	always
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27. Do you let him/her to eat snacks whenever he/she wants?

never	rarely	sometimes	often	always
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Now the responses to the questions will change. For the following questions, please tell me whether your answer is: DISAGREE A LOT, DISAGREE A LITTLE, NOT STRONG FEELINGS EITHER WAY, AGREE A LITTLE, or AGREE A LOT

28. Offering my son/daughter something to eat is one of the best ways to stop his/her temper tantrums.

disagree a lot	disagree a little	not strong feelings either way	agree a little	agree a lot
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29. I am worried that my son/daughter will become overweight

disagree a lot	disagree a little	not strong feelings either way	agree a little	agree a lot
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30. I am worried that my son/daughter will become underweight

disagree a lot	disagree a little	not strong feelings either way	agree a little	agree a lot
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31. I am worried that my son/daughter will have to diet to stay at a healthy weight

disagree a lot	disagree a little	not strong feelings either way	agree a little	agree a lot
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32. I am worried that my son/daughter is underweight now

disagree a lot	disagree a little	not strong feelings either way	agree a little	agree a lot
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33. I am worried that my son/daughter is overweight right now

disagree a lot	disagree a little	not strong feelings either way	agree a little	agree a lot
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34. How old are you? _____

35. How would you describe your ethnicity? (If questioned, list categories below. Check all that apply)

- a. African American _____
- b. Latino _____
- c. West Indian _____
- d. White _____
- e. Other _____

36. . What is the highest grade of school you completed? _____

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