Feeding Your Child

This is a survey about feeding your preschooler. It asks you about what you do with feeding your child, and also how you think and feel about it. Please choose ONE response for each item.

If you have more than one preschooler, answer for only one child on this survey.

What is the age of the preschooler? _____ Years _____ Months

A = Always; O = Often; S = Sometimes; R = Rarely; N = Never

1. My family has meals at about the same times every day. A O S R N
2. I try to make my child taste everything that is prepared for a meal. A O S R N
3. I try to make my child eat everything on her/his plate. A O S R N
4. I let my child eat whenever s/he feels like eating. A O S R N
5. If I think my child hasn't had enough, I try to get him or her to eat a few more bites. A O S R N
6. When I am home at mealtimes, I sit down and eat with my child. A O S R N
7. I struggle to get my child to eat. A O S R N
8. When I am home, I offer my child snacks at about the same times. A O S R N
9. I decide what foods to buy based on what my child eats. A O S R N
10. I let my child feed him/herself. A O S R N
11. I let my child eat until s/he stops eating and doesn't want any more. A O S R N
12. I am comfortable with providing meals for my family. A O S R N
13. I make something special for my child when s/he won't eat. A O S R N
14. I let my child have drinks (other than water) whenever s/he wants them. A O S R N
15. We have leftover food after meals. A O S R N

Source: NEEDs Center. For more information www.needscenter.org/contact