

Food Parenting Inventory

Please tell us about mealtimes at your home.

	Never	Rarely	Some- times	Frequ- ently	Always
1. I offer my child his/her <i>favorite foods</i> as a reward for good behavior.	1	2	3	4	5
2. When I offer new foods, I have my child eat at least one bite.	1	2	3	4	5
3. If my child say's "I'm not hungry", I try to get him/her to eat anyway.	1	2	3	4	5
4. I let my child explore new foods by smelling.	1	2	3	4	5
5. Are you responsible for how many helpings your child gets?	1	2	3	4	5
6. I serve the right amount so that my child can eat enough.	1	2	3	4	5
7. I offer new foods at snack.	1	2	3	4	5
8. Our family regularly eats dinner together.	1	2	3	4	5
9. My child helps prepare his/her snacks.	1	2	3	4	5
10. My child helps prepare part of the meal.	1	2	3	4	5
11. In our family, there is little planning around dinnertime.	1	2	3	4	5
12. Adults in our house have separate mealtimes from children.	1	2	3	4	5
13. I teach my child about new foods.	1	2	3	4	5
14. If my child refuses to eat a new food, or a food he/she does not like, I continue to offer that food.	1	2	3	4	5
15. I let my child explore new foods by licking or touching the foods to his or her lips.	1	2	3	4	5
16. I help my child use a tablespoon so that he/she knows how much food should go on the plate	1	2	3	4	5

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17. During meals, I ask my child if he/she is still hungry.	1	2	3	4	5
18. I offer foods for my child to try even if I don't like them myself.	1	2	3	4	5
19. I have to be especially careful to make sure my child eats enough.	1	2	3	4	5
20. I measure portions for <u>myself</u> based on food packaging guides.	1	2	3	4	5
21. I offer new foods at mealtime.	1	2	3	4	5
22. I let my child explore new foods by picking up and looking at the foods.	1	2	3	4	5
23. We have routine times for meals at our house.	1	2	3	4	5
24. We have routine times for snacks at our house.	1	2	3	4	5
25. If my child does not eat a new food on one day, I offer it again on another day.	1	2	3	4	5
26. During mealtime I ask my child if his/her stomach is full.	1	2	3	4	5
27. My child helps me prepare new foods.	1	2	3	4	5
28. Do you keep track of the <u>sweets</u> (<i>candy, pastries</i>) that your child eats?	1	2	3	4	5
29. People in our family feel strongly about eating dinner together.	1	2	3	4	5
30. If my child does not eat a new food on one day, I offer it again and prepare it in a different way on another day.	1	2	3	4	5
31. Do you keep track of the <u>high fat</u> foods that your child eats?	1	2	3	4	5
32. I offer <u>sweets</u> (<i>candy, ice cream, pastries</i>) to my child as a reward for good behavior.	1	2	3	4	5
33. Are you responsible for the size of the portions your child receives?	1	2	3	4	5

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34. People in our family sit in the same seats at every meal at home.	1	2	3	4	5
35. Everyone in our family is expected to be home for dinner.	1	2	3	4	5
36. Dinnertime in our family is flexible. People eat whenever they can.	1	2	3	4	5
37. Do you keep track of the <i>snack foods</i> (<i>potato chips, cheese puffs</i>) that your child eats?	1	2	3	4	5
38. I put the food on my child's plate.	1	2	3	4	5
39. I measure portions for <u>my child</u> based on food packaging guides.	1	2	3	4	5
40. I have my child try a new food before he/she eats sweet foods.	1	2	3	4	5
41. I show my child how to try foods by taking a bite myself.	1	2	3	4	5
42. When my child resists eating, I ask him/her if he/she is hungry.	1	2	3	4	5

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**Adults have different beliefs about how best to feed children.
Please tell us whether you agree or disagree with the following statements.**

	Disagree	Disagree a little	Neutral	Agree a little	Agree
43. Having a routine time for children to eat is important.	1	2	3	4	5
44. My child can have juice when he/she asks for it.	1	2	3	4	5
45. An effective way to get an upset child to quit crying is to feed him/her.	1	2	3	4	5
46. I have to be sure that my child does not eat too many <u>sweets</u> (<i>candy, ice cream, pastries</i>).	1	2	3	4	5
47. Children should be able to eat foods they want to for snacks.	1	2	3	4	5
48. If I did not guide or regulate my child's eating, he/she would eat less than he/she should	1	2	3	4	5
49. My child should always eat all of the food on his/her plate	1	2	3	4	5
50. If I did not guide or regulate my child's eating, he/she would eat too many <u>junk foods</u> .	1	2	3	4	5
51. A favorite food is an effective way to reward children.	1	2	3	4	5
52. I have to be sure that my child does not eat too many <u>high fat foods</u> .	1	2	3	4	5
53. I have bigger problems to worry about than which foods my child is eating.	1	2	3	4	5