


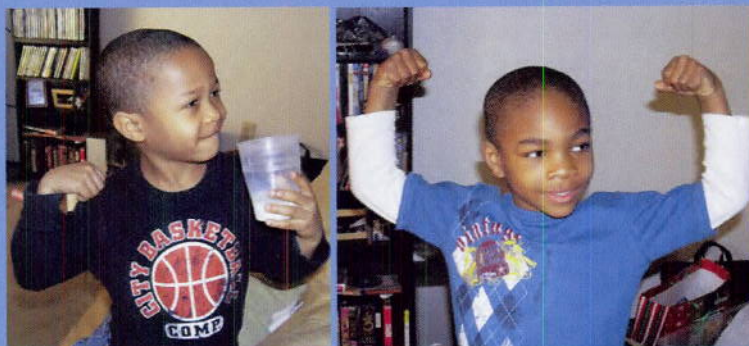
MyChild at Meal Time

These questions are about the 3-5 year old child in your care.

Name _____ Date _____ Child's Name _____ Age _____

Think about what you usually do when your child is eating. Do not include school time. Mark your answer .

1.



I get my child to eat by explaining that the food is good for him.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

2.



My child sits and eats with an adult.

☐

no/rarely

☐

sometimes

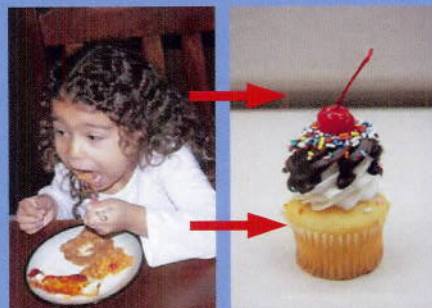
☐

often

☐

very often

3.



I tell my child she will get a treat for eating.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

4.



I plan meals.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

Think about what you and your child usually do when eating. Mark your answer ☒.

5.



I ask my child to try a little bit of a new food.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

6.



I remind my child to keep eating her food.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

7.



I prepare at least one food that I know my child will eat.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

8.



I praise my child for eating.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

9.



I help my child with eating
(cut food, cool the food).

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

10.



I get my child to eat by making food fun.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

11 .



I tell my child he will get in trouble for not eating (no toys, time out).

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

12 .



My child eats a snack at about the same time everyday.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

13 .



My child eats dinner at about the same time everyday.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

14 .



I struggle with my child to get her to eat (pick her up and put her in the chair).

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

Think about what you and your child usually do when eating. Mark your answer .

15.



I warn my child he will not get a treat if he does not eat.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

16.



I say good things about the food my child is eating.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

17.



I ask my child to pick from foods already cooked.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

18.



I hand-feed my child to get her to eat.

☐

no/rarely

☐

sometimes

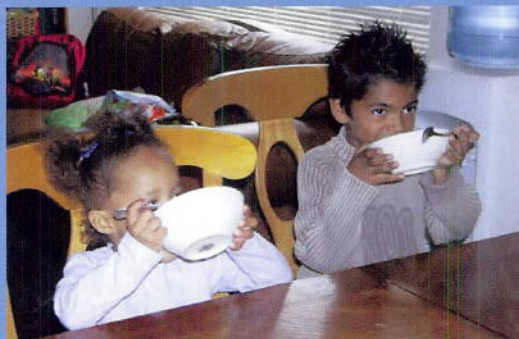
☐

often

☐

very often

19.



I say to my child, "Hurry up and eat your food".

☐

no/rarely

☐

sometimes

☐

often

☐

very often

20.



I tell my child that she needs to eat an item on her plate ("Eat your chicken").

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

21.



I tell my child I do not like it that he is not eating.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

22.



I ask my child questions about the food she is eating.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

23.



I let my child serve himself.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

24.



I tell my child that I will reward her for eating with TV, playtime, or videogames.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

Think about what you and your child usually do when eating. Mark your answer .



A TV is on when my child eats.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often



My child skips meals.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often



I beg my child to eat his food.

☐ no/rarely
 ☐ sometimes
 ☐ often
 ☐ very often

My Child at Meal Time Instruction Guide is available at <http://townsendlab.ucdavis.edu/>

Authors: Ontai L, Sitnick SL, Sylva K, Leavens L, Davidson C, Townsend MS. Graphic Designer: Chao LK. Reviewers: Hughes SO, Shilts MK.

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