

My Child at Meal Time (MCMT)

Goal area/ Subscale	Rank	MCMT Questions	Number of questions	Affirmative response	Encouraging change response	Possible minor goals
Communication	1	1. I get my child to eat by explaining that the food is good for him. 8. I praise my child for eating. 16. I say good things about the food my child is eating. 22. I ask my child questions about the food she is eating.	4	Great job! You talk with your child about food.	You may want to talk with your child about food during mealtime.	Ask your child a question about the food he is eating at each meal this week. Tell your child that a healthy food he is eating is good for him 2 times this week. "I love that you are drinking milk. It will make you strong!" Praise your child for trying a new food 2 times this week.
Accessibility	2	5. I ask my child to try a little bit of a new food. 7. I prepare at least one food that I know my child will eat. 9. I help my child with eating (cut food, cool the food). 10. I get my child to eat by making food fun. 17. I ask my child to pick from foods already cooked. 23. I let my child serve himself.	6	Great job! You make food child friendly.	You may want to make food more child friendly.	Let your child serve himself at 2 meals this week. Let your child help prepare 2 meals this week. Make food fun for your child 2 times this week. Try cutting sandwiches into shapes. Try making faces with food.
Demandingness	3	14RC. I struggle with my child to get her to eat (pick her up and put her in the chair). 18RC. I hand-feed my child to get her to eat. 19RC. I say to my child, "Hurry up and eat your food". 20RC. I tell my child that she needs to eat an item on her plate ("Eat your chicken"). 27RC. I beg my child to eat his food.	5	Great job! You let your child set the pace at mealtimes.	You may want to work on letting your child set the pace when eating.	Let your child pick the foods she wants to eat from foods already prepared 3 times this week. Let your child decide when he is finished eating 3 times this week.

1
reverse ordered - no/rarely = 4

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						Let your child serve himself at 2 meals this week.
Contingency Management	4	<p>3RC. I tell my child she will get a treat for eating.</p> <p>11RC. I tell my child he will get in trouble for not eating (no toys, time out).</p> <p>15RC. I warn my child he will not get a treat if he does not eat.</p> <p>21RC. I tell my child I do not like it that he is not eating.</p> <p>24RC. I tell my child that I will reward her for eating with TV, playtime, or videogames.</p>	5	Great job! You are not using food as a reward.	You may want to work on using non-food rewards for your child.	<p>Praise your child for eating 3 times this week.</p> <p>When your child is not eating her food, ask her if she is full 3 times this week.</p> <p>Set a regular meal time when you think your child will be hungry 3 times this week.</p>
Structure	5	<p>25RC. A TV is on when my child eats.</p> <p>26RC. My child skips meals.</p> <p>2. My child sits and eats with an adult.</p> <p>4. I plan meals.</p> <p>12. My child eats a snack at about the same time every day.</p> <p>13. My child eats dinner at about the same time everyday.</p>	6	Great job! You have a daily routine for your child's eating.	You may want to work on having a routine for your child's eating.	<p>Turn off the television and radio during dinner 3 meals this week.</p> <p>Sit and eat a meal with your child 4 times this week.</p> <p>Serve your child a snack at the same time each day 3 days this week.</p>