

Parent and Toddler Feeding Assessment (PATFA)

Below is a list of behaviours observed of young children at mealtimes. For each behaviour, please indicate:

- (1) **how often** your child displays that behaviour at mealtimes (*as below*),
- (2) **whether it is a problem** for you (*yes/no*), and
- (3) **how confident you feel** in successfully handling the behaviour (*on a scale of 0 – 10*).

Please ensure that you give an answer in each of the three columns for each behaviour.

Should you come across a behaviour that your child does not display, please rate how confident you would feel in successfully handling that behaviour, if it were to occur.

	How often does your child demonstrate each of the following during mealtimes? (please tick)					Is this behaviour a problem for you? Please circle Yes or No	How confident do you feel in successfully handling this behaviour? Certain I can't do it (0) – Certain I can do it (10)
	Almost always	Often	Sometimes	Seldom	Never		
Spitting food out						Y / N	
Refusing to chew and/or swallow the food						Y / N	
Turning head away when food presented						Y / N	
Refusing to open mouth when food presented						Y / N	
Pushing food or spoon away when food presented						Y / N	
Crying						Y / N	
Complaining or whining						Y / N	
Dribbling (more than you would expect for a child his/her age)						Y / N	
Refusing to come to table when asked						Y / N	
Leaving the table during mealtimes to avoid eating						Y / N	
Leaving the table during mealtimes to get other food						Y / N	



	How often does your child demonstrate each of the following during mealtimes? <i>(please tick)</i>					Is this behaviour a problem for you? <i>Please circle Yes or No</i>	How confident do you feel in successfully handling this behaviour? <i>Certain I can't do it (0) – Certain I can do it (10)</i>
	<i>Almost always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Seldom</i>	<i>Never</i>		
Refusing to eat particular types of foods						Y / N	
Types – please insert _____						Y / N	
Throwing tantrums at mealtimes						Y / N	
Taking more than half an hour to finish the meal						Y / N	
Gagging, choking or vomiting up food						Y / N	
Not finishing the food he/she has been given						Y / N	
Refusing to try new foods						Y / N	
Avoiding eating by playing with food/utensils or by talking						Y / N	
Filling up on drinks during the meal						Y / N	
Refusing to feed him or herself						Y / N	
Other – please insert _____						Y / N	

Parents use a variety of strategies to ensure their children eat well and mealtimes run smoothly. Below are a number of such strategies. Using the scale provided, please rate **how often** you use each of these strategies at mealtimes.

How often do you use the following strategies at mealtimes? (please tick)	<i>Almost always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Seldom</i>	<i>Never</i>
Eating with your child					
Sitting with your child while he/she eats					
Putting your child in time-out if he/she misbehaves at mealtimes					
Using physical punishment (e.g. smacking) if your child refuses to eat or misbehaves at mealtimes					
Offering something else to your child if he/she doesn't eat the food provided					
Promising your child a food reward (e.g. a treat/dessert/favourite food) if he/she isn't eating well					
Distracting your child (e.g. with games, TV, toys) to get him/her to eat					
Limiting your child to a small drink until they have finished their meal					
Promising your child a toy or activity (e.g. a game, TV time, or outing) if he/she isn't eating well					
Giving your child a bottle or milk after an unfinished meal to make sure he/she gets enough					
Coaxing and pleading with your child to eat more					
Paying attention to and/or praising your child when he/she is eating well					
Paying attention to and/or praising your child when he/she is behaving well at mealtimes					
Pairing food your child likes with new food or food your child doesn't like					
Setting a goal with your child for how much they will eat					
Threatening your child with consequences for not eating or misbehaving at mealtimes					
Allowing your child to decide when he/she has eaten enough					
Providing your child with appropriate food choices at mealtimes					

How often do you use the following strategies at mealtimes? (please tick)	<i>Almost always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Seldom</i>	<i>Never</i>
Providing finger-foods and child-friendly cups/cutlery etc so your child can feed themselves					
Paying attention to and/or praising your child for feeding him/herself					
Yelling at or scolding your child for not eating or misbehaving at mealtimes					
Insisting your child try one bite of a new food					
Insisting your child stays at the table until allowed to leave					
Offering new food many times over, even if your child says they do not like it at first					
Having a set of rules around what behaviours are expected at mealtimes					
Reminding your child of the rules for mealtimes at the start of the meal					
Feeding your child if he/she won't feed themselves					
Physically forcing food into your child's mouth if he/she refuses to eat					
Not allowing your child to have anything else afterward if they didn't eat the meal provided					
Other – please insert _____					

Below are some statements about feeding, including thoughts and feelings parents may have about feeding. Please read each statement, and **indicate your agreement or disagreement** using the scale provided.

	<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree nor disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
It is a struggle to get my child to eat					
If I didn't guide or regulate my child's eating, he/she would eat the wrong amount or types of foods					
My child would eat a lot better if I just knew how to manage him/her at mealtimes					
Feeding my child is much harder than I thought it would be					
I feel stressed out during mealtimes with my child					
Children should always finish what is on their plate					
I have to be careful what I feed my child in case of food allergies					
Feeding problems most often occur in kids with difficult temperaments					
I enjoy mealtimes with my child					
When my child misbehaves at mealtimes, I feel like he/she is doing it on purpose					
Young children should be allowed to choose when to eat					
Young children should be allowed to choose how much to eat					
Young children should eat what the rest of the family is eating					
I feel anxious when my child does not finish their meal/snack					
I feel like I am the only parent facing these problems					
I worry that my child will pick up my own eating habits					
As long as my child eats something, I don't care what it is					

All parents could use some help with their children's eating					
It is not safe for young children to go without dinner, even if they did misbehave at mealtime					
I worry about my child becoming overweight					
I feel anxious about my child making a mess at mealtimes					
I feel that others are judging me when I feed my child in public					
I feel defeated by my child					

	<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree nor disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
I worry that my child is underweight					
I feel like I spend the whole meal so focused on what and how my child eats, I don't get to enjoy it					
I feel confident that my child eats enough					
I worry about my child not growing or developing properly					
I worry about my child's health					
I am unsure what to do when my child refuses to eat					
I have to be careful what I feed my child because of all the preservatives and additives in food nowadays					
I worry that my child's diet lacks variety					
Medical conditions most often explain feeding problems in young children					
As long as my child is eating, I can overlook his/her misbehaviour at mealtimes					
If my child does not eat well, I feel like I'm a bad parent					
I have friends and family I can ask for advice on feeding					

Here are some final statements about feeding that relate to your partner. If you do not have a partner, please tick the 'Not applicable' box below and continue on to the next part of the survey.

Not applicable

	<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree nor disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
My child's behaviour at mealtimes upsets my partner					
I get upset with the way my partner deals with our child at mealtimes					
I agree with my partner about what our child should eat					
I agree with my partner about how much our child should eat					

Instrument citation

Adamson, M., & Morawska, A. (2008). Parent and Toddler Feeding Assessment. The University of Queensland, Australia