



# HCHS/SOL- Family Lifestyle Outcomes Research

Caregiver's Feeding Style Questionnaire (CFSE)

**QXQ**

**3/13/2019**

## **General Instructions**

These questions deal with the mother's interactions with her child during the dinner meal. The participant should choose the best answer that describes how often these things happen. If not certain, she should make her best guess.

## **QxQ Instructions**

Questions 1 – 19: Select one answer for each question. Answer choices are:

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Most of the times
- 5 = Always

How often during the dinner meal do you:

1. Physically struggle with the child to get her/him to eat (for example, physically putting the child in the chair so s/he will eat).
2. Promise the child something other than food if s/he eats (for example, "If you eat your beans, we can play ball after dinner").
3. Encourage the child to eat by arranging the food to make it more interesting (for example, making smiley faces on the pancakes).
4. Ask the child questions about the food during dinner.
5. Tell the child to eat at least a little bit of food on her/his plate.
6. Reason with the child to get her/him to eat (for example, "Milk is good for your health because it will make you strong").
7. Say something to show your disapproval of the child for not eating dinner.
8. Allow the child to choose the foods s/he wants to eat for dinner from foods already prepared.
9. Compliment the child for eating food (for example, "What a good boy! You're eating your beans").



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10. Suggest to the child that s/he eats dinner, for example by saying, "Your dinner is getting cold".
11. Say to the child "Hurry up and eat your food".
12. Warn the child that you will take away something **other than food** if s/he doesn't eat (for example, "If you don't finish your meat, there will be no play time after dinner").
13. Tell the child to eat something on the plate (for example, "Eat your beans").
14. Warn the child that you will take a food away if the child doesn't eat (for example, "If you don't finish your vegetables, you won't get fruit").
15. Say something positive about the food the child is eating during dinner.
16. Spoon-feed the child to get her/him to eat dinner.
17. Help the child to eat dinner (for example, cutting the food into smaller pieces).
18. Encourage the child to eat something by using food as a reward (for example, "If you finish your vegetables, you will get some fruit").
19. Beg the child to eat dinner.