

Food Parenting Inventory--SEEDS

Please tell us about your mealtimes and feeding practices.

	Never	Rarely	Some- times	Frequ- ently	Always
1. I offer my child <i>favorite foods</i> as a reward for good behavior.	1	2	3	4	5
2. If my child says "I'm not hungry", I try to get my child to eat anyway.	1	2	3	4	5
3. I let my child explore new foods by smelling.	1	2	3	4	5
4. My child helps prepare snacks.	1	2	3	4	5
5. My child helps prepare part of the meal.	1	2	3	4	5
6. In our family, there is little planning around dinnertime.	1	2	3	4	5
7. Adults in our house have separate mealtimes from children.	1	2	3	4	5
8. I let my child explore new foods by licking or touching the foods to their lips.	1	2	3	4	5
9. I help my child use a tablespoon so that they know how much food should go on the plate	1	2	3	4	5
10. During meals, I ask my child if they are still hungry.	1	2	3	4	5
11. I offer foods for my child to try even if I don't like them myself.	1	2	3	4	5
12. I have to be especially careful to make sure my child eats enough.	1	2	3	4	5
13. I measure portions for <u>myself</u> based on food packaging guides.	1	2	3	4	5
14. I let my child explore new foods by picking up and looking at the foods.	1	2	3	4	5
15. We have routine times for meals at our house.	1	2	3	4	5
16. We have routine times for snacks at our house.	1	2	3	4	5
17. If my child does not eat a new food on one day, I offer it again on another day.	1	2	3	4	5

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	Never	Rarely	Some- times	Frequ- ently	Always
18. During mealtime I ask my child if their stomach is full.	1	2	3	4	5
19. My child helps me prepare new foods.	1	2	3	4	5
20. Do you keep track of the <u>sweets</u> (<i>candy, pastries</i>) that your child eats?	1	2	3	4	5
21. 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
22. Do you keep track of the <u>high fat</u> foods that your child eats?	1	2	3	4	5
23. 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
24. Dinnertime in our family is flexible. People eat whenever they can.	1	2	3	4	5
25. Do you keep track of the <u>snack foods</u> (<i>potato chips, cheese puffs</i>) that your child eats?	1	2	3	4	5
26. I measure portions for <u>my child</u> based on food packaging guides.	1	2	3	4	5
27. When my child resists eating, I ask them if they are hungry.	1	2	3	4	5

**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
28. Having a routine time for children to eat is important.	1	2	3	4	5
29. If I did not guide or regulate my child's eating, my would eat less that they should.	1	2	3	4	5
30. My child should always eat all of the food on their plate.	1	2	3	4	5
31. A favorite food is an effective way to reward children.	1	2	3	4	5

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Please answer the following:

	Not at all confident		Somewhat Confident		Very Confident
32. How confident are you that you can help your child learn to try new vegetables?	1	2	3	4	5
33. How confident are you that your child will eat enough food when at home?	1	2	3	4	5
34. How confident are you that your child will not overeat at home?	1	2	3	4	5
35. How confident are you that you can serve appropriate child-sized portions?	1	2	3	4	5
36. How confident are you that you can teach your child to serve themselves appropriate child-sized portions?	1	2	3	4	5
37. How confident are you that your child will eat healthy foods when at home?	1	2	3	4	5
38. How confident are you that you can establish mealtime routines for your family?	1	2	3	4	5
39. How confident are you that you can eat meals together as a family?	1	2	3	4	5