



# WHAT'S YOUR FEEDING STYLE?

If you're worried that your child is eating too much, not enough, too often or the wrong types of foods, understanding your feeding style can help you establish healthier eating habits at home.

To get started, please check each feeding practice you use with your child below. Then, add up the total number of checkmarks for each column to determine your feeding style.

COLUMN A	COLUMN B	COLUMN C	COLUMN D
<input type="checkbox"/> I often nag my child to eat more or have a specific food.	<input type="checkbox"/> I sometimes forget to give my child meals.	<input type="checkbox"/> I only give my child foods I know he or she likes.	<input type="checkbox"/> I sit and eat with my child.
<input type="checkbox"/> I frequently force my child to take at least one bite of food.	<input type="checkbox"/> I let my child choose his or her own meals.	<input type="checkbox"/> When my child asks for something to eat, I give it to her or him.	<input type="checkbox"/> I don't let my child eat in between set meal and snack times.
<input type="checkbox"/> I give my child dessert if he or she eats a good meal.	<input type="checkbox"/> My child can eat whenever he or she wants.	<input type="checkbox"/> I prepare special foods for my child when he or she doesn't like what is on the menu.	<input type="checkbox"/> I serve healthy foods and let my child choose what he or she wants to eat.
<input type="checkbox"/> I take away my child's plate if he or she is eating too much.	<input type="checkbox"/> I don't really know or care what my child eats.	<input type="checkbox"/> When my child starts crying at the table, I give him or her something else to eat.	<input type="checkbox"/> I don't force my child to eat when he or she is not hungry.
TOTAL	TOTAL	TOTAL	TOTAL

## DETERMINING YOUR FEEDING STYLE

Identify the column with the most checkmarks to find your feeding style below:

### COLUMN A

If you had the most checkmarks in Column A, you have a controlling feeding style. Excessive parental control over fussy eating may sometimes lead to force-feeding. Eventually, this could lead to emotional conflicts between parent and child and behavioral problems that persist as the child gets older. To help develop a healthier responsive feeding style, check out the tips below.

### COLUMN B

If you had the most checkmarks in Column B, you have a passive feeding style. As a parent, it's your job to take an active role in feeding and make sure your child is getting the nutrition he or she needs to grow. To help develop a healthier responsive feeding style, check out the tips below.

### COLUMN C

If you had the most checkmarks in Column C, you have an indulgent feeding style. While it's important to respect your child's needs, it's also important to remember that you're the parent and it's your job to decide when, where and what your child eats. To help develop a healthier responsive feeding style, check out the tips below.

### COLUMN D

If you had the most checkmarks in Column D, you have a responsive feeding style. This is the ideal feeding style. To keep building on your child's healthy eating habits, check out the tips below.

## TIPS FOR ESTABLISHING HEALTHIER EATING HABITS

To help make mealtimes happier and healthier, just follow these simple tips:

- Feed your child when he or she is hungry
- Don't make your child eat when he or she is full
- Eat with your child and model good eating habits
- Trust your child to eat as much as he or she needs
- Talk positively with your child about food and eating
- Establish set meal and snack times
- Give nothing but water in between your established meal and snack times
- Serve a variety of healthy foods