

# FEEDING YOUR BABY

Below are 16 statements about feeding your baby. Think about each one, then circle the letter that shows how often you think, do or feel that way.

**Please circle your response**

**A = Almost always O = Often S = Sometimes R = Rarely N = Never**

1	I let my baby eat as much or as little as she wants.	A	O	S	R	N
2	I feed my baby when she acts hungry.	A	O	S	R	N
3	I make my baby eat a certain amount.	A	O	S	R	N
4	If I let my baby eat as much as he wants, he will get too big or heavy.	A	O	S	R	N
5	My baby's actions tell me what he wants.	A	O	S	R	N
6	If my baby is hungry before feeding time, I try to get him to wait.	A	O	S	R	N
7	I stop feeding my baby when she turns away or shuts her mouth.	A	O	S	R	N
8	I have to push the nipple or spoon into my baby's mouth to get him to eat.	A	O	S	R	N
9	Feeding takes too much time.	A	O	S	R	N
10	My baby knows how much he needs to eat.	A	O	S	R	N
11	If I do what my baby wants, it will spoil him.	A	O	S	R	N
12	I have to trick, distract or entertain my baby to get him to eat.	A	O	S	R	N
13	If my baby fusses or gets upset during feeding, I try to figure out the problem.	A	O	S	R	N
14	I wake my baby to feed her.	A	O	S	R	N
15	I keep feeding until my baby shows me he is full.	A	O	S	R	N
16	I try to get my baby to eat more to last longer between feedings.	A	O	S	R	N

# FEEDING YOUR BABY SCORING SHEET

Add up the numbers that correspond to the responses on the first page.

A = Almost always O = Often S = Sometimes R = Rarely N = Never

80 is the maximum score (16 times 5). Until the scale is normed, assume that parent is doing well if they get a score of 64 (16 times 4). Also note that certain questions have asterisks to indicate they may be used as qualifying for WIC risk factors.

1	I let my baby eat as much or as little as she wants.	5	4	3	2	1
2	I feed my baby when she acts hungry.	5	4	3	2	1
3	I make my baby eat a certain amount.*	1	2	3	4	5
4	If I let my baby eat as much as he wants, he will get too big or heavy.	1	2	3	4	5
5	My baby's actions tell me what he wants.	5	4	3	2	1
6	If my baby is hungry before feeding time, I try to get him to wait.	1	2	3	4	5
7	I stop feeding my baby when she turns away or shuts her mouth.	5	4	3	2	1
8	I have to push the nipple or spoon into my baby's mouth to get him to eat.*	1	2	3	4	5
9	Feeding takes too much time.	1	2	3	4	5
10	My baby knows how much he needs to eat.	5	4	3	2	1
11	If I do what my baby wants, it will spoil him.	1	2	3	4	5
12	I have to trick, distract or entertain my baby to get him to eat.*	1	2	3	4	5
13	If my baby fusses or gets upset during feeding, I try to figure out the problem.	5	4	3	2	1
14	I wake my baby to feed her.	1	2	3	4	5
15	I keep feeding until my baby shows me he is full.	5	4	3	2	1
16	I try to get my baby to eat more to last longer between feedings.*	1	2	3	4	5

\*Statements marked with an asterisk that score 1 or 2 automatically qualify the respondent for WIC.

Copyright © 2003 by Ellyn Satter and Pam Estes. Currently in the process of testing for reliability and validity. May be reproduced only for free distribution and administration. May not be modified in any way. All credit and further information lines must appear on each copy. For more information, see *Child of Mine; Feeding with Love and Good Sense*. Call 800-808-7976 or see [www.EllynSatter.com](http://www.EllynSatter.com)