



Centre universitaire de santé McGill  
McGill University Health Centre  
The Montreal Children's Hospital · Pediatric Feeding Program

## The MCH Feeding Scale

Children: 6 months (already started on purees) - 6 years

Date: \_\_\_\_\_

Name of child : \_\_\_\_\_

**Please CIRCLE the corresponding number on each item. Note that the meaning of the numbers vary – they do not all go in the same direction. Please read each question carefully. Thank you.**

- |     |   |                              |            |            |            |            |            |                                       |
|-----|---|------------------------------|------------|------------|------------|------------|------------|---------------------------------------|
| 1.  | How do you find mealtimes with your child?  | 1<br><i>Very difficult</i>   | 2          | 3          | 4          | 5          | 6          | 7<br><i>Easy</i>                      |
| 2.  | How worried are you about your child's eating?  | 1<br><i>Not worried</i>      | 2          | 3          | 4          | 5          | 6          | 7<br><i>Very worried</i>              |
| 3.  | How much appetite (hunger) does your child have?  | 1<br><i>Never hungry</i>     | 2          | 3          | 4          | 5          | 6          | 7<br><i>Good appetite</i>             |
| 4.  | When does your child start refusing to eat during mealtimes?  | 1<br><i>At the beginning</i> | 2          | 3          | 4          | 5          | 6          | 7<br><i>At the end</i>                |
| 5.  | How long do mealtimes take for your child (in minutes)?   | 1<br>1-10                    | 2<br>11-20 | 3<br>21-30 | 4<br>31-40 | 5<br>41-50 | 6<br>51-60 | 7<br>>60 min                          |
| 6.  | How does your child behave during mealtimes?  | 1<br><i>Behaves well</i>     | 2          | 3          | 4          | 5          | 6          | 7<br><i>Acts up, makes a big fuss</i> |
| 7.  | Does your child gag or spit or vomit with certain types of food?                                    | 1<br><i>Never</i>            | 2          | 3          | 4          | 5          | 6          | 7<br><i>Most of the time</i>          |
| 8.  | Does your child hold food in his/her mouth without swallowing it?                                   | 1<br><i>Most of the time</i> | 2          | 3          | 4          | 5          | 6          | 7<br><i>Never</i>                     |
| 9.  | Do you have to follow your child around or use distractions (toys, TV) so that your child will eat? | 1<br><i>Never</i>            | 2          | 3          | 4          | 5          | 6          | 7<br><i>Most of the time</i>          |
| 10. | Do you have to force your child to eat or drink?  | 1<br><i>Most of the time</i> | 2          | 3          | 4          | 5          | 6          | 7<br><i>Never</i>                     |
| 11. | How are your child's chewing (or sucking) abilities?  | 1<br><i>Good</i>             | 2          | 3          | 4          | 5          | 6          | 7<br><i>Very poor</i>                 |
| 12. | How do you find your child's growth?  | 1<br><i>Growing poorly</i>   | 2          | 3          | 4          | 5          | 6          | 7<br><i>Growing well</i>              |
| 13. | How does your child's feeding influence your relationship with him/her?                             | 1<br><i>Very negatively</i>  | 2          | 3          | 4          | 5          | 6          | 7<br><i>Not at all</i>                |
| 14. | How does your child's feeding influence your family relationships?                                  | 1<br><i>Not at all</i>       | 2          | 3          | 4          | 5          | 6          | 7<br><i>Very negatively</i>           |