



## Family Management Measure of Feeding (FaMM Feed)

Intended Use: The FaMM Feed is intended to assess the impact of a child's feeding on the parent and family. The FaMM Feed can be used with families of children between the ages of birth and 18 years old. The FaMM Feed is intended to be completed by a parent or other primary care provider.

Disclosure: The FaMM Feed does not replace a healthcare provider's clinical assessment. The FaMM Feed also is not intended to provide a diagnosis, but instead may provide the health care provider with an objective assessment of how parents manage daily life with their child's feeding issues to facilitate treatment decisions.

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**PLEASE CHECK THE FEEDING FLOCK TEAM WEBSITE FOR UPDATES:**

[www.feedingflockteam.org](http://www.feedingflockteam.org)



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## Family Management Measure of Feeding (FaMM Feed)

This questionnaire is about how your family manages your child’s feeding and any feeding challenges your child may have. Directions: For each statement in this questionnaire, you are asked to rate your response to the statement on a scale ranging from "Strongly Disagree" to "Strongly Agree". Please respond to each statement in this questionnaire based on what you think, not on how you think others might respond. Many of these questions use the word “family”. This refers to those people living in your household who you think of as family.

### SECTION 1.

To be completed by everyone. For each statement, please respond based on how you feel at this time.

FAMILY FEEDING EFFORTS & CHALLENGES							
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Score
1.	Feeding our child is often overwhelming because of the way he/she eats.	5	4	3	2	1	
2.	Feeding our child is like a roller coaster with lots of ups and downs.	5	4	3	2	1	
3.	We think about the way our child eats all the time.	5	4	3	2	1	
4.	It is hard for us to feed our child.	5	4	3	2	1	
5.	Our child requires frequent appointments or home visits because of the way he/she eats.	5	4	3	2	1	
6.	The way our child eats doesn’t take a great deal of time to manage.	1	2	3	4	5	
7.	We know that our child’s feeding needs will be taken care of if we send him/her to school/ day care/ preschool.	1	2	3	4	5	
8.	The way our child eats is similar to the way other children his/her age eat.	1	2	3	4	5	
<b>FAMILY FEEDING EFFORTS &amp; CHALLENGES SUBSCALE SCORE</b>							

FEEDING CONFIDENCE & ABILITY							
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Score
9.	We feel we are doing a good job taking care of our child’s feeding difficulties.	1	2	3	4	5	
10.	We have developed a routine for taking care of our child’s feeding.	1	2	3	4	5	

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Score
11.	People who eat the way our child does can have a healthy life.	1	2	3	4	5	
12.	We have goals in mind to help us manage the way our child eats.	1	2	3	4	5	
13.	We know how to balance our family life and our child's feeding.	1	2	3	4	5	
14.	When something changes with our child's feeding, we know how to handle it.	1	2	3	4	5	
15.	We have ideas about how to help our child live with the feeding challenges he/she has.	1	2	3	4	5	
16.	We know when to just let our child be a child.	1	2	3	4	5	
<b>FEEDING CONFIDENCE &amp; ABILITY SUBSCALE SCORE</b>							

<b>FEEDING UNCERTAINTY &amp; CONCERNS</b>							
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Score
17.	Our child is different from other children because of the way he/she eats.	5	4	3	2	1	
18.	Our child enjoys life less because of the challenges he/she has with eating.	5	4	3	2	1	
19.	Our child's interactions with other children are different because of the way he/she eats.	5	4	3	2	1	
20.	Because of the way our child eats, we worry about our child's future.	5	4	3	2	1	
21.	It is difficult to know if we need to advocate more for our child's feeding needs.	5	4	3	2	1	
22.	It is hard to know what to expect of our child's feeding in the future.	5	4	3	2	1	
23.	We feel unsure about if we are doing the right thing to manage our child's feeding difficulties.	5	4	3	2	1	
<b>FEEDING UNCERTAINTY &amp; CONCERNS SUBSCALE SCORE</b>							

<b>FUTURE FEEDING OUTLOOK</b>							
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Score
24.	We worry about how our family will manage our child's feeding in the future.	5	4	3	2	1	
25.	The way our child eats will be harder to deal with in the future.	5	4	3	2	1	

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Score
26.	We are looking forward to a future where family mealtimes are more enjoyable.	1	2	3	4	5	
27.	In the future we expect our child will be able to feed him or herself without help from us.	1	2	3	4	5	
28.	We expect our child to manage their own meal planning and preparation in the future.	1	2	3	4	5	
29.	We expect to be devoting less time to our child's feeding challenges in the future.	1	2	3	4	5	
30.	Many feeding problems are more serious than our child's.	1	2	3	4	5	
31.	Our child takes part in activities he/she wishes to despite the way he/she eats.	1	2	3	4	5	
32.	We have enough money to manage our child's feeding difficulties.	1	2	3	4	5	
<b>FUTURE FEEDING OUTLOOK SUBSCALE SCORE</b>							

<b>FEEDING RELATED FAMILY LIFE DIFFICULTIES</b>							
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Score
33.	Having a child who eats the way our child eats makes family life difficult.	5	4	3	2	1	
34.	Feeding our child interferes with other family activities.	5	4	3	2	1	
35.	It seems as if the way our child eats controls our family life.	5	4	3	2	1	
36.	It is hard to balance our child's feeding difficulties with our other family needs.	5	4	3	2	1	
37.	Our child's feeding challenges make it hard to have a regular family routine.	5	4	3	2	1	
38.	Our child's feeding challenges get in the way of family relationships.	5	4	3	2	1	
39.	The feeding difficulties our child has are the most important thing in our family.	5	4	3	2	1	
40.	Our child requires frequent hospital stays because of his/her feeding difficulties.	5	4	3	2	1	
41.	Even though our child has feeding challenges, we have a normal family life.	1	2	3	4	5	
<b>FEEDING RELATED FAMILY LIFE DIFFICULTIES SUBSCALE SCORE</b>							

## SECTION 2.

The next set of questions relate to you and your partner and will be completed by partnered parents only. For each statement, please respond based on how you feel at this time.

PARENT MUTUALITY ON FEEDING							
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Score
42.	My partner and I have different ideas about how serious our child's feeding difficulties are.	5	4	3	2	1	
43.	My partner and I disagree about how to manage our child's feeding difficulty.	5	4	3	2	1	
44.	I am unhappy about the way my partner and I share the management of our child's feeding difficulty.	5	4	3	2	1	
45.	I am pleased with how my partner and I work together to manage the way our child eats.	1	2	3	4	5	
46.	My partner and I consult with each other before we make a change to our child's feeding.	1	2	3	4	5	
47.	My partner and I have similar ideas about how we should be feeding our child.	1	2	3	4	5	
48.	My partner and I support each other in taking care of our child's feeding difficulty.	1	2	3	4	5	
PARENT MUTUALITY ON FEEDING SUBSCALE SCORE							
If you would like to explain any of your responses, please do so here:							

## Scoring Summary

Scores are assigned to the Feeding Impact items with higher scores indicating higher impact of feeding. There are numbers which indicate the score assigned to each item. Use the right column to record the score for each item.

To calculate the subscale score, sum the score from each item in that subscale. Copy the subscale scores to the table below.

<b>Subscales</b>	<b>Score</b>
Family Feeding Efforts & Challenges	
Feeding Confidence & Ability	
Feeding Uncertainty & Concerns	
Future Feeding Outlook	
Feeding Related Family Life Difficulties	
Parent Mutuality on Feeding (partnered parents only)	

**Please see the scoring guideline for interpretation of the score.**