

# Suggested Open Ended Questions/Statements for Assessment

## INFANTS

### Older Babies:

- Tell me how are things going with feeding your baby.
- Tell me what you know/ have heard about trying different foods.
- Tell me what your baby is eating in a day.
- When did your baby start solids?
  - Follow up: How long has she been eating those foods?
  - Follow up: How do you give these foods to your baby? How does she tolerate them?
- What questions do you have about feeding your baby the foods your family eats?
- Tell me about your plans for switching to whole cow's milk.
- Tell me about your plans for weaning from the bottle/ breast.
- How/when do you clean your baby's teeth & gums?

## CHILD

- Tell me about your child.
- Tell me about mealtimes with your family.
- What do you like best about your child's eating? What would you like to change?
- Describe to me how your child eats.
- What kinds of foods do you serve your child for meals? What do you give for snacks?
- What are your child's favorite foods and drinks?
- What happens when your child tries new foods?
- How do you feel about your child's weight?
- What does your pediatrician say about your child's growth?
- How does your child let you know they are hungry or full?
- How do you want your child to eat? The way that you do?

## INFANTS

### Newborns or Young Infants:

- Tell me about your baby.
- Tell me what you are feeding your baby.
- Tell me what you have heard/know/read about feeding your baby.
- How does your baby let you know when s/he is hungry?
- How does your baby let you know when s/he is full or doesn't want to eat anymore?
- Is there anything you wish were different about feeding your baby?
- What are your plans for starting solids?

### Formula Fed Infants:

- How is your baby doing with formula?
- How do you prepare formula?

### Breastfed Infants:

- What are your goals/plans for breastfeeding?
- Let's talk about how BF is going.
- Tell me about your breastfeeding experience so far.
- What do you see as difficulty in reaching your BF goals?
- How can we help you meet your BF goals?
- What support do you have to BF?

## CHILD

- What do you think about; Low fat milk?, juice?, trans fats?, etc.
- Tell me about a typical day for your child. This could address activity, beverages, foods, meals, etc...
- When a parent has identified certain behaviors, foods or beverages that they feel are a problem, follow-up with question on:
  - What would prevent (Barrier) your child (use their name) from having more/less/ discontinuing — — —
  - What would encourage (positive) you or your child to do.....

## WOMEN

### Pregnant Women:

- Tell me about your pregnancy.
- How are you feeling?
- What are your plans for feeding your baby?
- Tell me what you have heard/know/read about nutrition and a healthy pregnancy?
- How is your appetite?
- What foods do you avoid? Or crave?
- What foods do you think you are not eating enough of?
- What stops you of what would encourage you to eat more? (if they are limited in a certain area of their diet).
- What beverages do you drink?
- How much weight do you think you need to gain for a healthy pregnancy? How much weight are you planning to gain with this pregnancy? How do you feel about gaining weight?
- Tell me about a typical day for you. This could address activity, beverages, foods, meals, etc...

## WOMEN

### Postpartum Women:

- How are you feeling?
- What are your plans for activity?
- What foods do you think you are not eating enough of?
- What if any are your plans for your weight?
- How are you taking care of yourself?
- Tell me about a typical day for you? This could address activity, beverages, foods, meals, etc.....

## WOMEN

- How is breastfeeding going?
- Tell me about your breastfeeding experience so far?
- What are your goals/plans for breastfeeding?
- What difficulty do you foresee in reaching your breastfeeding goals?
- How can we help you meet those goals?
- What support do you have at home with breastfeeding?
- Tell me what you have heard/know/read about nutrition and breastfeeding?
- Tell me about a typical day for you. This could address activity, beverages, foods, meals, etc.....

