

## **PTOTS Child Feeding and Physical Activity Knowledge, Belief and Attitudes Questionnaire**

This survey is about child feeding and physical activity. It has been developed to help us understand your knowledge, beliefs and attitudes related to child feeding and physical activity. The information you give will be used to help us provide better child health activities, materials and services for parents or guardians with children 0-3 years. It will also be given again at the end of the study so that we can see how much progress we have made.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you know.

Completing the survey is voluntary. However, your participation would be greatly appreciated.

Make sure to read every question. Place tick marks in the square next to the answer(s) you have chosen. When you are finished, please return the questionnaire to the PTOTS staff member who gave you the questionnaire.

Thank you very much for your help.

### **Directions**

Use a blue or black pen only.

Make a tick mark (such those shown below) next to the answer you have chosen.



To change your answer, draw a double strike through across the box you do not want and tick another box.



# PTOTS Infant & Toddler Questionnaire

Mother/Guardian ID	_____ 1
Date	____/____/____ 2
Measurement time	
Baseline	<input type="checkbox"/> 1 3
Other	_____ 4
Staff ID	_____ 5

## A. Feeding Milk

If possible, babies should receive only breast milk for

- The first 2 months*  1  
*The first 3 months*  2  
*The first 6 months*  3  
*The first year*  4 6

It is **never** OK to prop up a bottle when the baby is lying down **except**

- When the baby is old enough to handle the bottle*  1  
*When you are able to watch them*  2  
*When there is juice or water in the bottle*  3  
*It is never OK to prop the bottle when the baby is lying down.*  4 7

Which of the following is **not** true about mothers who breastfeed?

- They have a reduced chance of getting breast cancer*  1  
*They lose the weight gained during pregnancy more slowly*  2  
*They get more rest*  3  
*They experience less bleeding after birth*  4 8

Baby formula must **never** be warmed in the microwave

- True  1 False  2 9

Which of the following statements are **true** about babies who receive only breast milk the first few months of their lives? (check all that apply)

- They get all the nutrition they need from breast milk*  1 10  
*They have as many allergies as formula fed babies*  1 11  
*They become picky eaters as toddlers*  1 12  
*They have less "smelly" diapers*  1 13  
*They are less likely to develop diabetes when they get older*  1 14  
*They have fewer ear infections*  1 15

Breastfed and bottle fed babies generally will give you some kind of sign when they are full.

- True  1 False  2 16

At 4-7 days old, how many wet or poopie diapers should your baby have each day if they are getting enough breast milk?

- 1  1  
 2-3  2  
 5-6  3  
 12 or more  4 17

Even very small babies need juice to be well hydrated.

True <sub>1</sub> False <sub>2</sub>

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## B. Feeding guidelines

The best time to introduce solid food is

2 months <sub>1</sub>

3 months <sub>2</sub>

6 months <sub>3</sub>

9 months <sub>4</sub>

When your baby can sit up <sub>5</sub>

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Which of the following is **not** a sign that the baby is ready for solid food?

Baby drools a lot <sub>1</sub>

Baby can hold their head steady <sub>2</sub>

Baby is capable of keeping food in the mouth and swallowing it <sub>3</sub>

Baby can reject food by turning away the head or spitting it out. <sub>4</sub>

20

It is OK to give your three month old baby cow's milk if you ran out of formula.

True <sub>1</sub> False <sub>2</sub>

21

Which one of the following is **not** a common source of food allergies?

Wheat <sub>1</sub>

Peanuts <sub>2</sub>

Fruit <sub>3</sub>

Eggs <sub>4</sub>

22

A one day old baby's stomach is the size of

A small pear <sub>1</sub>

A marble <sub>2</sub>

A baseball <sub>3</sub>

A golf ball <sub>4</sub>

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A baby should be introduced to a cup by the age of

0-1 months <sub>1</sub>

2-4 months <sub>2</sub>

5-7 months <sub>3</sub>

8-12 months <sub>4</sub>

24

A toddler may need to be offered new food how many times before they accept it?

1 time <sub>1</sub>

3 times <sub>2</sub>

12 times <sub>3</sub>

more than 30 times <sub>4</sub>

25

It is not possible for a small child to know when they are full.

True <sub>1</sub> False <sub>2</sub>

26

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Always wait 5-7 days before introducing a new food or giving your child a food she did not like before True <sub>1</sub> False <sub>2</sub> 27

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Which one of the following foods is **not** a choking hazard? 28

- Nuts and popcorn <sub>1</sub>
- Peanut butter and hot dogs \_2
- Yogurt and mashed bananas \_3
- Mashed egg yolk and sesame seeds \_4

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### C. Physical activity

Babies need to stay in playpens and high chairs to remain as safe as possible. True \_1 False \_2 29

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Toddlers and preschoolers should **not** sit without moving for more than 30

- 5 minutes \_1
- 10 minutes \_2
- 30 minutes \_3
- 60 minutes \_4

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Toddlers and preschoolers should have at least 1 hour of movement (running, jumping, throwing, kicking) per day True \_1 False \_2 31

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Each day toddlers should play in an organized way for 32

- 5 minutes \_1
- 10 minutes \_2
- 30 minutes \_3
- 60 minutes \_4

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### D. Attitudes and beliefs

**Breastfeeding/formula feeding. (Please circle only one answer to each question.)**

On a scale of 1-7, feeding a baby only breast milk for the first six months of life would be

1	2	3	4	5	6	7	33
<i>Healthy</i>						<i>Unhealthy</i>	

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On a scale of 1-7, feeding a baby only formula for the first six months of life would be

1	2	3	4	5	6	7	34
<i>Healthy</i>						<i>Unhealthy</i>	

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Family and other people important to me think that feeding only breast milk to a baby for the first six months of life would be healthy for the baby

1	2	3	4	5	6	7	35
<i>Strongly</i>						<i>Strongly</i>	
<i>Agree</i>						<i>Disagree</i>	

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Family and other people important to me think that feeding only formula to a baby for the first six months of life would be healthy for the baby.

1	2	3	4	5	6	7	36
<i>Strongly</i>						<i>Strongly</i>	
<i>Agree</i>						<i>Disagree</i>	

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How much control do you have over whether you feed only breast milk to your baby?

1	2	3	4	5	6	7	37
<i>No control</i>						<i>Complete Control</i>	

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**Introducing solids (Please circle only one answer to each question.)**

It is healthy for a baby to eat solid foods as soon as possible.

1	2	3	4	5	6	7	38
<i>Strongly</i>						<i>Strongly</i>	
<i>Agree</i>						<i>Disagree</i>	

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Waiting until a baby is 6 months before giving solid food is healthy.

1	2	3	4	5	6	7	39
<i>Strongly</i>						<i>Strongly</i>	
<i>Agree</i>						<i>Disagree</i>	

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My family and other people important to me think that giving the baby solid food as soon as possible is healthy.

1	2	3	4	5	6	7	40
<i>Strongly</i>						<i>Strongly</i>	
<i>Agree</i>						<i>Disagree</i>	

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My family and other people important to me think that waiting until the baby is six months old to give him or her solid food is healthy.

1	2	3	4	5	6	7	41
<i>Strongly Agree</i>						<i>Strongly Disagree</i>	

How much control do you have about when you introduce solid food to your baby?

1	2	3	4	5	6	7	42
<i>No control</i>						<i>Complete control</i>	

I get my advice about when and what to feed my baby from  
(Check as many as apply)

	<i>My friends</i>	<input type="checkbox"/>	1	43
	<i>My mother, sister or my mother in law and sisters in law</i>	<input type="checkbox"/>	1	44
	<i>My Grandmother or aunt</i>	<input type="checkbox"/>	1	45
	<i>PTOTS staff</i>	<input type="checkbox"/>	1	46
	<i>WIC</i>	<input type="checkbox"/>	1	47
	<i>MCH</i>	<input type="checkbox"/>	1	48
	<i>Early intervention/headstart</i>	<input type="checkbox"/>	1	49
	<i>The nurse</i>	<input type="checkbox"/>	1	50
	<i>The doctor</i>	<input type="checkbox"/>	1	51
	<i>Other (specify):</i> _____			52

**Physical activity**

TV keeps kids occupied.

1	2	3	4	5	6	7	53
<i>Strongly Agree</i>						<i>Strongly Disagree</i>	

Most parents have no idea how much TV their children watch.

1	2	3	4	5	6	7	54
<i>Strongly Agree</i>						<i>Strongly Disagree</i>	

TV makes kids miss out on play.

1	2	3	4	5	6	7	55
<i>Strongly Agree</i>						<i>Strongly Disagree</i>	

TV is educational.

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>56</i>
<i>Strongly</i>						<i>Strongly</i>	
<i>Agree</i>						<i>Disagree</i>	

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A child's movement helps with their brain development.

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>57</i>
<i>Strongly</i>						<i>Strongly</i>	
<i>Agree</i>						<i>Disagree</i>	

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*Thank you for completing this questionnaire!*