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

A. Feeding Milk

If possible, babies should receive only breast milk for

- The first 2 months □
- The first 3 months □
- The first 6 months □
- The first year □

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 □
- When you are able to watch them □
- When there is juice or water in the bottle □

It is never OK to prop the bottle when the baby is lying down □

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

- They have a reduced chance of getting breast cancer □
- They lose the weight gained during pregnancy more slowly □
- They get more rest □
- They experience less bleeding after birth □

Baby formula must never be warmed in the microwave

- True □
- False □

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 □
- They have as many allergies as formula fed babies □
- They become picky eaters as toddlers □
- They have less “smelly” diapers □
- They are less likely to develop diabetes when they get older □
- They have fewer ear infections □

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

- True □
- False □

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 □
- 2-3 □
- 5-6 □
- 12 or more □
Even very small babies need juice to be well hydrated.  

**B. Feeding guidelines**

The best time to introduce solid food is

- 2 months
- 3 months
- 6 months
- 9 months

When your baby can sit up

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

- Baby drools a lot
- Baby can hold their head steady
- Baby is capable of keeping food in the mouth and swallowing it
- Baby can reject food by turning away the head or spitting it out.

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

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

- Wheat
- Peanuts
- Fruit
- Eggs

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

- A small pear
- A marble
- A baseball
- A golf ball

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

- 0-1 months
- 2-4 months
- 5-7 months
- 8-12 months

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

- 1 time
- 3 times
- 12 times
- more than 30 times

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

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

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

Nuts and popcorn 1, Peanut butter and hot dogs 2, Yogurt and mashed bananas 3, Mashed egg yolk and sesame seeds 4 28

C. Physical activity

Babies need to stay in playpens and high chairs to remain as safe as possible.  
True 1, False 2 29

Toddlers and preschoolers should not sit without moving for more than

5 minutes 1, 10 minutes 2, 30 minutes 3, 60 minutes 4 30

Toddlers and preschoolers should have at least 1 hour of movement (running, jumping, throwing, kicking) per day  
True 1, False 2 31

Each day toddlers should play in an organized way for

5 minutes 1, 10 minutes 2, 30 minutes 3, 60 minutes 4 32

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
Healthy Unhealthy

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
Healthy Unhealthy
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
Strongly Agree

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
Strongly Agree

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

1  2  3  4  5  6  7  37
No control Complete Control

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
Strongly Agree

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

1  2  3  4  5  6  7  39
Strongly Agree

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
Strongly Agree
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
Strongly同意 Strongly不同意
Agree Disagree

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

1  2  3  4  5  6  7  42
No control Complete control

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

My friends
My mother, sister or my mother in law and sisters in law
My Grandmother or aunt
PTOTS staff
WIC
MCH
Early intervention/headstart
The nurse
The doctor
Other (specify):__________________________________________

Physical activity

TV keeps kids occupied.

1  2  3  4  5  6  7  53
Strongly同意 Strongly不同意
Agree Disagree

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

1  2  3  4  5  6  7  54
Strongly同意 Strongly不同意
Agree Disagree

TV makes kids miss out on play.

1  2  3  4  5  6  7  55
Strongly同意 Strongly不同意
Agree Disagree
TV is educational.

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A child’s movement helps with their brain development.

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Thank you for completing this questionnaire!