



THE INFANT AND CHILD FEEDING QUESTIONNAIRE SCREENING TOOL

Feeding Matters' innovative Infant and Child Feeding Questionnaire® (ICFQ®) was authored in partnership with internationally renowned thought leaders representing multiple disciplines related to feeding. The ICFQ® is an age specific tool designed to identify potential feeding concerns and facilitate discussion with all members of the child's healthcare team.

According to a seminal study published in the 2020 Journal of Pediatrics*, the ICFQ® has been shown to accurately identify and differentiate pediatric feeding disorder (PFD) from picky eating in children 0-4 years of age based on caregiver responses to 6 specific questions. This 6-question quick screener continues to undergo research as Feeding Matters strives to promote the early identification of PFD.

6-QUESTION SUBSET

| | | | |
|---|-----|------|-----|
| Does your baby/child let you know when he is hungry? | YES | NO | |
| Do you think your baby/child eats enough? | YES | NO | |
| How many minutes does it usually take to feed your baby/child? | <5 | 5-30 | >30 |
| Do you have to do anything special to help your baby/child eat? | YES | NO | |
| Does your baby/child let you know when he is full? | YES | NO | |
| Based on the questions above, do you have concerns about your baby/child's feeding? | YES | NO | |

Red flag answers are in orange. If 2 or more of your answers are orange please contact your pediatrician.

Concerned? Take the full questionnaire:
feedingmatters.org/questionnaire



feeding matters

WHO IS FEEDING MATTERS

Feeding Matters, a 501c3 nonprofit, is the first organization in the world uniting families, healthcare professionals, and the broader community to improve the system of care for children with PFD through advocacy, education, support, and research. Use of this screener tool brings us one step closer to a world where children with PFD will thrive.

EARLY IDENTIFICATION

Expediting the identification of PFD may prevent the development of conditions that negatively impact a child's cognitive, physical, emotional and social development. Feeding is an intricate and complex skill that develops within a feeding relationship. Earlier detection and treatment of PFD also may reduce adverse effects on caregiver- child relationships. By completing the ICFQ[®] screening, children can be directed to appropriate specialists for more formal assessments and management. The first step in reducing the risk of increased symptom severity is identification.

CONTRIBUTING AUTHORS

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**Silverman AH, Kristoffer BS, Linn C, et al. Psychometric Properties of the Infant and Child Feeding Questionnaire. Journal of Pediatrics. 2020 August;223:81-86.e2. DOI: 10.1016/j.jpeds.2020.04.040.*

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