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

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

**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](http://feedingmatters.org/questionnaire)
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.

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