

Parent Quiz

Answer the following questions to evaluate your child's weight and growth.

1. Has your child's weight rapidly increased or decreased recently?
 YES NO
2. Are your mealtimes relaxed and enjoyable?
 YES NO
3. Do you worry a lot about your child's eating or growth?
 YES NO
4. Does your child seem immature, have trouble taking responsibility, or have problems with friends?
 YES NO
5. Does your child worry a lot about his/her weight and is extremely self conscious about his/her size and shape?
 YES NO
6. Do you frequently catch your child sneaking or hiding food?
 YES NO
7. Does your child frequently skip meals?
 YES NO
8. Does it seem impossible to resolve your struggles about your child's eating?
 YES NO
9. Do you feel the need to stay home and supervise your child's eating?
 YES NO

If you answered yes to at least 4 of these questions, you or your child probably have weight issues that go beyond just overeating and should be addressed with your health care professional.

Parent Quiz

Answer the following questions to evaluate your child's weight and growth.

1. Has your child's weight rapidly increased or decreased recently?
 YES NO
2. Are your mealtimes relaxed and enjoyable?
 YES NO
3. Do you worry a lot about your child's eating or growth?
 YES NO
4. Does your child seem immature, have trouble taking responsibility, or have problems with friends?
 YES NO
5. Does your child worry a lot about his/her weight and is extremely self conscious about his/her size and shape?
 YES NO
6. Do you frequently catch your child sneaking or hiding food?
 YES NO
7. Does your child frequently skip meals?
 YES NO
8. Does it seem impossible to resolve your struggles about your child's eating?
 YES NO
9. Do you feel the need to stay home and supervise your child's eating?
 YES NO

If you answered yes to at least 4 of these questions, you or your child probably have weight issues that go beyond just overeating and should be addressed with your health care professional.

Parent Quiz

Answer the following questions to evaluate your child's weight and growth.

1. Has your child's weight rapidly increased or decreased recently?
 YES NO
2. Are your mealtimes relaxed and enjoyable?
 YES NO
3. Do you worry a lot about your child's eating or growth?
 YES NO
4. Does your child seem immature, have trouble taking responsibility, or have problems with friends?
 YES NO
5. Does your child worry a lot about his/her weight and is extremely self conscious about his/her size and shape?
 YES NO
6. Do you frequently catch your child sneaking or hiding food?
 YES NO
7. Does your child frequently skip meals?
 YES NO
8. Does it seem impossible to resolve your struggles about your child's eating?
 YES NO
9. Do you feel the need to stay home and supervise your child's eating?
 YES NO

If you answered yes to at least 4 of these questions, you or your child probably have weight issues that go beyond just overeating and should be addressed with your health care professional.