

# Behavioral Pediatrics Feeding Assessment Scale

ID# \_\_\_\_\_

**BEHAVIORAL PEDIATRICS FEEDING ASSESSMENT SCALE- (BPFAS)**

Directions: Below are a series of phrases that describe children's eating and parental behaviors. Please (1) circle the number describing how often the behavior currently occurs, and (2) circle "Yes" or "No" to indicate whether the behavior is currently a problem for you.

<u>My Child</u>	<u>Never</u> <u>Sometimes</u> <u>Always</u>					<u>Problem for you</u>	
	1	2	3	4	5	Yes	No
1. Eats fruit							
2. Has problems chewing food							
3. Enjoys eating							
4. Chokes or gags at mealtimes							
5. Will try new foods							
6. Eats meats and/or fish							
7. Takes longer than 20 minutes to finish a meal							
8. Drinks milk							
9. Comes readily to mealtime							
10. Eats junky snack foods but will not eat at mealtime							
11. Vomits just before, at, or just after mealtime							
12. Eats only ground, strained or soft food							
13. Gets up from table during meal							
14. Lets food sit in his/her mouth & does not swallow it							
15. Whines or cries at feeding time							
16. Eats vegetables							
17. Tantrums at mealtimes							
18. Eats starches (example, potato, noodles)							
19. Has a poor appetite							

Behavioral pediatrics feeding assessment scale is an essential tool utilized by healthcare professionals to evaluate and address feeding difficulties in children. As pediatricians encounter a diverse range of feeding issues, including picky eating, food aversions, and developmental delays, the need for comprehensive assessment tools becomes increasingly critical. This article delves into the intricacies of the behavioral pediatrics feeding assessment scale, its components, application, and significance in pediatric care.



# Understanding the Behavioral Pediatrics Feeding Assessment Scale

The behavioral pediatrics feeding assessment scale (BPFAS) is a standardized evaluation instrument designed to identify feeding problems in children, particularly those aged between 6 months and 5 years. The scale focuses on behavioral, physiological, and environmental aspects that influence a child's eating habits.

## Purpose of the BPFAS

The primary purpose of the BPFAS is to:

1. **Identify Feeding Disorders:** The scale helps in recognizing various feeding disorders, such as avoidant/restrictive food intake disorder (ARFID), which can manifest as extreme picky eating or fear of certain food textures.
2. **Guide Interventions:** By pinpointing specific difficulties, the scale assists healthcare providers in developing tailored intervention strategies to improve the child's eating behaviors and nutritional intake.
3. **Track Progress:** The BPFAS can be utilized to monitor changes in feeding behaviors over time, allowing clinicians and caregivers to evaluate the effectiveness of interventions.

## Components of the BPFAS

The BPFAS consists of multiple dimensions that comprehensively assess a child's feeding behaviors, including:

1. **Behavioral Observations:** This component evaluates how children engage with food during meal times. It includes:
  - Food acceptance and refusal
  - Exploration of food textures and tastes
  - Responses to social cues during meals
2. **Parental Reports:** Parents or caregivers provide insights into the child's eating habits, including:
  - Frequency of meals and snacks
  - Types of foods offered
  - Any observed challenges during feeding times
3. **Developmental Considerations:** The scale takes into account the child's developmental stage to ensure appropriate expectations regarding feeding behaviors. For example:
  - Infants may exhibit different feeding challenges compared to preschoolers.
4. **Environmental Factors:** The context in which feeding occurs can greatly impact a child's eating habits. This includes:
  - Meal environment (e.g., distractions, seating arrangements)
  - Family meals and cultural influences on food choices



# **Administration of the BPFAS**

## **Who Administers the Assessment?**

The BPFAS is typically administered by pediatricians, dietitians, or specialized feeding therapists trained in behavioral pediatrics. The assessment can be conducted during routine check-ups or as part of a referral for feeding concerns.

## **Steps for Assessment**

The administration of the BPFAS generally follows these steps:

1. **Initial Consultation:** The clinician discusses the child's feeding history with the parents, including any concerns they may have.
2. **Behavioral Observation:** If possible, the clinician observes the child during a meal to assess their behavior directly.
3. **Parent Questionnaire:** Caregivers complete a detailed questionnaire that provides information on the child's feeding patterns, preferences, and challenges.
4. **Scoring and Interpretation:** The clinician scores the responses based on established criteria to determine the severity and nature of feeding difficulties.
5. **Feedback Session:** A follow-up meeting is held to discuss the results and potential interventions.

## **Common Feeding Issues Evaluated by the BPFAS**

The BPFAS is effective in identifying a variety of feeding issues, including:

1. **Picky Eating:** Characterized by a limited range of accepted foods and strong preferences. Children may refuse entire food groups or only accept specific textures.
2. **Food Aversions:** Children may exhibit extreme dislike or fear of certain foods, which can lead to nutritional deficiencies.
3. **Sensory Processing Issues:** Some children may be hypersensitive to the sensory aspects of food, including smell, taste, and texture.
4. **Behavioral Feeding Disorders:** This includes negative behaviors such as tantrums during meals or refusal to eat altogether.
5. **Growth and Nutritional Concerns:** The BPFAS can help identify children who are not meeting growth milestones due to inadequate nutritional intake.



# Interventions Based on BPFAS Findings

Once feeding issues are identified through the BPFAS, several intervention strategies may be implemented:

## Behavioral Interventions

1. **Positive Reinforcement:** Encourage children to try new foods by offering praise or rewards when they accept or taste a new item.
2. **Gradual Exposure:** Introduce new foods slowly and repeatedly, allowing children to acclimate to different textures and flavors.
3. **Modeling:** Caregivers can model positive eating behaviors during family meals, demonstrating a willingness to try new foods.

## Nutritional Interventions

1. **Dietary Modifications:** Work with a pediatric dietitian to create a balanced meal plan that accommodates the child's preferences while ensuring nutritional adequacy.
2. **Supplementation:** In cases where nutritional deficiencies are identified, dietary supplements may be recommended under the guidance of a healthcare provider.

## Environmental Modifications

1. **Structured Meal Times:** Establish regular meal and snack times to create a predictable routine that reduces anxiety around eating.
2. **Minimize Distractions:** Create a calm and focused environment during meals, limiting screens and other distractions.

## Conclusion

The behavioral pediatrics feeding assessment scale is a vital resource for pediatric healthcare providers seeking to understand and address feeding difficulties in children. By employing a comprehensive approach that considers behavioral, developmental, and environmental factors, the BPFAS helps identify specific feeding issues, guides tailored interventions, and monitors progress over time. As the understanding of pediatric feeding disorders evolves, the BPFAS remains an essential tool for improving children's nutritional health and fostering positive relationships with food. Through early and accurate assessments, healthcare professionals can make significant strides in promoting healthier eating habits and overall well-being in children.



## **Frequently Asked Questions**

### **What is the Behavioral Pediatrics Feeding Assessment Scale (BPFAS)?**

The BPFAS is a standardized tool used to assess feeding behaviors and identify potential feeding problems in children, helping clinicians understand the dynamics of a child's feeding issues.

### **How is the BPFAS administered?**

The BPFAS is typically administered through questionnaires completed by parents or caregivers, which evaluate various aspects of a child's feeding behaviors, preferences, and challenges.

### **What age group does the BPFAS target?**

The BPFAS is designed for use in children from infancy through adolescence, making it applicable for a wide range of feeding issues that may arise at different developmental stages.

### **What types of feeding problems can the BPFAS help identify?**

The BPFAS can help identify a variety of feeding problems, including picky eating, food refusal, sensory sensitivities, and issues related to feeding dynamics between the child and caregiver.

### **How can the results of the BPFAS be utilized in clinical practice?**

Results from the BPFAS can guide clinicians in developing tailored intervention strategies, monitoring progress, and providing targeted education for parents to improve their child's feeding behaviors.

### **Is the BPFAS validated for use in diverse populations?**

Yes, the BPFAS has been validated in various populations, but it is important for practitioners to consider cultural and contextual factors when interpreting results and implementing feeding strategies.

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Explore the Behavioral Pediatrics Feeding Assessment Scale to better understand children's eating habits. Learn more about its benefits for effective intervention!

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