**Supplementary material. Parental practices related to feeding their preschool children, Bucaramanga, Colombia**

**Response options:** 1. Never; 2: Sometimes; 3: Often; 4: Very often; 5: Always.

| **Item**  | **Question No.** |
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| **Dimension: 1. Positive involvement in children’s eating** |  |
| ***1.1 Monitoring/limiting high-calorie foods*** |  |
| How often do you limit the amount of high-fat foods (fried food, potato chips) that your child eats?  | **11\_1** |
| ¿How often do you limit the amount of sweets (candy, ice cream, cake, desserts) that your child eats? | **11\_2** |
| How often do you encourage your child to eat healthy food before eating unhealthy food?  | **11\_3** |
| How often do you monitor the snacks (potato chips, Doritos, Cheetos, Cheese Tris, Tocinetas, donuts, etc.) that your child eats?  | **11\_4** |
| How often do you limit the amount of sweets (candy, ice cream, cake, desserts) that your child eats? | **11\_5** |
| How often do you monitor the high-fat foods (fried food, potato chips) that your child eats?  | **11\_6** |
| How often do you limit the amount of junk food that your child can eat? | **11\_7** |
| How often do you monitor the sugared beverages (carbonated beverages, sodas/juice, and commercial drinks) that your child drinks? | **11\_8** |
| How often do you limit the amount of sodas that your child drinks?  | **11\_9** |
| How often do you limit the amount of food that can be fattening for your child? | **11\_10** |
| ***1.2 Encourage/congratulate for eating healthy*** |  |
| How often do you say positive things about food when your child is eating?  | **12\_1** |
| How often do you tell your child that a new food tastes good? | **12\_2** |
| How often do you reason with your child so that he/she eats (for example, milk is good for your health because it will make you strong)?  | **12\_3** |
| How often do you tell your child that healthy food tastes good? | **12\_4** |
| How often do you congratulate your child when he/she eats food (for example, what a good boy/girl, you’re eating your vegetables)?  | **12\_5** |
| How often do you encourage your child to eat by arranging the food to make it more interesting (for example, making happy faces with pancakes)? | **12\_6** |
| How often do you encourage your child to taste healthy foods such as vegetables?  | **12\_7** |
| How often are do you monitor the portions of fresh fruit and vegetables that your child eats?  | **12\_8** |
| ***1.3 Encouragement for trying a variety of new foods*** |  |
| How often do you encourage your child to taste new foods?  | **13\_1** |
| How often do you encourage your child to eat a variety of foods? | **13\_2** |
| ***1.4 Asking the child why he/she eats*** |  |
| How often do you ask your child what you ate during the day? | **14\_1** |
| How often do you find out how much your child ate during the day? | **14\_2** |
| ***1.5 Providing small portions*** |  |
| How often do you give your child small portions at meals?  | **15\_1** |
| How often do you add small portions of new food to your child’s plate?  | **15\_2** |
| **Dimension: 2. Pressuring to eat** |  |
| ***2.1 Telling the child to eat everything on the plate*** |  |
| How often do you try to get your child to eat everything on his/her plate?  | **21\_1** |
| How often do you tell your child he/she has to eat before he/she can go out to play or do something else? | **21\_2** |
| How often do you remind your child to finish eating?  | **21\_3** |
| How often do you tell your child that he/she has to finish everything on his/her plate?  | **21\_4** |
| How often do you tell your child that if he/she does not eat he/she cannot watch television? | **21\_5** |
| How often do you tell your child that he/she cannot leave the table until he/she finishes the food? | **21\_6** |
| How often do you insist on your child eating his/her food. | **21\_7** |
| ***2.2 Requiring that the child eats even if he/she is not hungry*** |  |
| If your child says he/she is not hungry, how often do you try to get him/her to eat anyway?  | **22\_1** |
| If your child only eats a small amount, how often do you try to get him/her to eat more? | **22\_2** |
| When your child says he/she is finished eating, how often do you try to get him/her to eat one more bite (two bites, etc.) of food ?  | **22\_3** |
| **Dimension: 3. Use of food to control behavior** |  |
| ***3.1 Use of food to control emotions*** |  |
| How often do you give your child something to eat when he/she is in a bad mood, although you think he/she is not hungry?  | **31\_1** |
| How often do you give your child something to eat when he/she is bored, although you think he/she is not hungry? | **31\_2** |
| How often do you give your child something to eat when he/she is upset, although you think he/she is not hungry? | **31\_3** |
| How often do you give your child something to eat when he/she is sad, although you think he/she is not hungry? | **31\_4** |
| How often do you give your child something to eat in order to make him/her happy, although you think he/she is not hungry? | **31\_5** |
| ***3.2 Use of food as a reward*** |  |
| How often do you offer your child his/her favorite foods in exchange for good behavior? | **32\_1** |
| How often do you offer your child sweets (candy, ice cream, cake, desserts) in exchange for good behavior? | **32\_2** |
| How often do you tell your child that he/she has to finish all of his/her dinner if he/she wants candy? | **32\_3** |
| How often do you tell your child that if he/she finishes his/her food you will give him/her candy, a carbonated beverage, or soda?  | **32\_4** |
| **Dimension: 4. Restricting the amount of food** |  |
| ***4.1 Encouraging children to eat less*** |  |
| How often do you encourage your child to eat less? | **41\_1** |
| How often do you put your child on a diet to control his/her weight? | **41\_2** |
| How often do you tell your child that he/she has eaten enough?  | **41\_3** |
| If your child eats more than usual during a meal, how often do you limit the amount of food he/she eats at the next meal? | **41\_4** |
| ***4.2 Allowing the child to control snacking and second servings*** |  |
| How often do you let your child eat whatever he/she wants?  | **42\_1** |
| How often do you allow your child to eat snacks (potato chips, Doritos, Cheetos, Cheese Tris, donuts, etc.) whenever he or she wants?  | **42\_2** |
| How often do you serve your child more food if he/she asks for more?  | **42\_3** |
| If your child asks for a snack (potato chips, Doritos, Cheetos, Cheese Tris, donuts, etc.), how often do you give one to him/her? | **42\_4** |
| How often does your child get his own snacks (potato chips, Doritos, Cheetos, Cheese Tris, donuts, etc.) without asking first? | **42\_5** |
| ***4.3 Limiting eating between meals*** |  |
| How often to you prohibit your child from eating between meals? | **43\_1** |
| How often do you limit the consumption of your child’s favorite foods? | **43\_2** |
| How often do you limit the number of snacks (potato chips, Doritos, Cheetos, Cheese Tris, donuts, etc.) that your child eats? | **43\_3** |
| ***4.4 Allowing the child to choose his/her menu*** |  |
| During dinner, how often do you let the child choose the foods that he/she wants to eat, from what he/she is served? | **44\_1** |
| How often do you ask your child what he/she wants to eat for dinner?  | **44\_2** |
| If your child does not like what he/she is served, how often do you prepare something else? | **44\_3** |
| How often do you try to serve the foods that your child likes?  | **44\_4** |
| ***4.5 Permitting the child to leave the table without finishing eating*** |  |
| How often do you tell your child to leave the food that he/she does not want to eat? | **45\_1** |
| How often do you tell your child that he/she does not have to eat something that he/she does not like? | **45\_2** |
| How often do you allow your child to leave the table when he/she feels full, even though the family has not finished eating?  | **45\_3** |
| How often do you allow your child to leave food in his/her plate?  | **45\_4** |
| How often do you prohibit your child from eating sweets or desserts when he/she behaves poorly.  | 23 |
| How often do you help the child eat dinner (for example, cutting the food into smaller pieces)? | 29 |
| How often do you ask your child things about food when he/she is eating dinner?  | 58 |
| How often do you let your child decide how much food he/she needs to eat? | 67 |