

# A review of the Caregiver's Feeding Style Questionnaire (CFSQ): Differences in parent-child feeding styles across geographic location, caregiver roles, and Head Start samples

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# INTRODUCTION

The Caregiver's Feeding Style Questionnaire (CFSQ) is a measure of parent feeding styles developed for low-income minority families. It is made up of four main categories:

- Authoritative
- Authoritarian
- Indulgent
- Uninvolved

Feeding styles vary based on level of responsiveness and demandingness:

**Responsiveness:** Fostering individuality, self-regulation and self-assertion by being attuned to the child's needs and demands.

**Demandingness:** Requiring responsibility, providing supervision, and willingness to be consistent in consequences.

	High responsive	Low responsive
High demanding	Authoritative	Authoritarian
Low demanding	Indulgent	Uninvolved

## PURPOSE

This review sought to describe the differences in child outcomes among international populations, maternal caregivers, and Head Start samples.

- Because maternal caregivers play a large role in feeding in many cultures and Head Start children and families are considered at-risk, it is more critical to research these groups



# METHODS



# RESULTS

- International Populations**
- White British and Pakistani caregivers
    - Indulgent feeding style associated with higher BMI (Fairley et al., 2015)
  - Sri Lankan caregivers
    - Very large percentage of authoritarian feeding style
      - Inadequate warmth and response to child's needs
  - Mexican caregivers
    - Infants of authoritative and authoritarian feeding style were most often underweight (Flores-Peña et al., 2017)
  - Chinese caregivers
    - Authoritarian feeding style associated with lower BMI (Wei et al., 2015)
    - All feeding styles used by fathers resulted in lower child weight (Wei et al., 2015)

## CAREGIVER FEEDING STYLES

	Authoritative	Authoritarian	Indulgent	Uninvolved
<b>International Populations (k=5)</b>				
• England (Fairley et al., 2015)	14.7%	32.4%	34.8%	18%
• Sri Lanka (Dias et al., 2018)	11%	82%	0%	7%
• Mexico (Flores-Peña et al., 2017)	17.5%	34.5%	29.7%	11.5%
• China (Wei et al., 2015)	13.2%	40.2%	34.5%	12.1%
<b>Maternal Caregivers (k=11)</b>				
• Michigan Mothers (Boucher, 2014)	25%	25%	29%	21%
• American Indian Mothers (Hughes et al., 2017)	21.7%	4.3%	52.2%	21.7%
• Sri Lankan Mothers (Dias et al., 2018)	11%	82%	0%	7%
• Latina and African American Mothers from Texas (Vollmer & Mobley, 2013)	26%	45%	21%	22%
<b>Head Start (k=10)</b>				
• American Indian Mothers (Hughes et al., 2017)	21.7%	4.3%	52.2%	21.7%
• Latina Immigrants in America (Power et al., 2019)	19.4%	31.5%	32.9%	16.2%
• Rural Communities: Appalachia, Central Valley, Mississippi River (Low-income) (Hughes et al., 2012)	15%	26%	37%	21%

# DISCUSSIONS AND CONCLUSIONS

- Average Feeding Styles by Maternal Caregivers (k=11)**
- Authoritative- 18.1%
  - Authoritarian- 35.5%
  - Indulgent- 28.4%
  - Uninvolved- 18.0%

Maternal Caregivers were more likely to be Authoritarian which can indicate insufficient levels of responsiveness to the child's needs and a deficit of self-regulation and self-assertion in the child.

- Average Feeding Styles Among Head Start Samples (k=10)**
- Authoritative- 17.7%
  - Authoritarian- 30.8%
  - Indulgent- 32.5%
  - Uninvolved- 18.9%

Parents of Head Start children were more likely to be Authoritarian or Indulgent than any other feeding style.

The Authoritative feeding style was the least common among Head Start samples. Since this feeding style has been associated with the most protective childhood outcomes including healthy weight (Vollmer & Mobley, 2013), it is suggested that educating parents about these positive outcomes may be instrumental in reducing childhood obesity in this at-risk group.

## LIMITATIONS AND FUTURE DIRECTIONS

- Only 44 articles met the inclusion criteria required for this review
  - Future investigation will include contacting more authors who cited Hughes, 2005 to gather missing information, e.g., categorical breakdown of feeding style
  - This will allow for a more comprehensive understanding of feeding styles and child outcomes among these groups