

CHILD ORAL AND MOTOR PROFICIENCY SCALE (ChOMPS)

Directions: Below are a series of phrases that describe skills learned in early childhood. In this survey, we are interested in what your child can do, which may be different from what they are willing to do. When filling this out, think about what is typical for your child at this time.

Your child may be too young to do some of the skills and in that case, please check "Not Yet." If you are unsure if your child can do some of these skills because of restrictions placed on your child's eating (for example, they are not allowed to take liquids), then please check "Not Yet." If your child is older, he or she may have been doing these skills for a very long time and in that case, please check "Yes."

COMPLEX MOVEMENT PATTERNS (Note. If your child is less than 9 months old, skip this section and start with Basic Movement Patterns)

	2	1	0	
My child can...	YES	SOMETIMES	NOT YET	Score
1. stand without holding on to anything	☐	☐	☐	
2. walk 10-20 steps by himself/herself	☐	☐	☐	
3. run 10-20 steps without falling	☐	☐	☐	
4. walk up 2-3 stairs holding on to someone or something	☐	☐	☐	
5. walk up 2-3 stairs without holding on to someone or something	☐	☐	☐	
6. walk down 2-3 stairs holding on to someone or something	☐	☐	☐	
7. walk down 2-3 stairs without holding on to someone or something	☐	☐	☐	
8. jump with both feet without holding on to anything	☐	☐	☐	
9. drink from an open cup held by an adult with no or little spilling of liquid from mouth	☐	☐	☐	
10. hold an open cup and drink by himself/herself with no or little spilling of liquid from mouth	☐	☐	☐	
11. keep tongue in mouth when drinking from an open cup (held by self or an adult)	☐	☐	☐	
12. drink from an open cup holding rim with lips (not biting rim with teeth)	☐	☐	☐	
13. use a filled spoon or fork to bring food to mouth	☐	☐	☐	
14. can scoop food onto a spoon or fork and bring to mouth	☐	☐	☐	
15. use a fork to stab a piece of food and bring to mouth	☐	☐	☐	

	2	1	0	
My child can...	YES	SOMETIMES	NOT YET	Score
16. use tongue to lick food off of <u>top lip</u>	☐	☐	☐	
17. use tongue to lick food from <u>corners of mouth</u>	☐	☐	☐	
18. use upper teeth or lip to clean food from <u>bottom lip</u>	☐	☐	☐	
19. pucker lips to kiss or blow	☐	☐	☐	
20. drink from a straw	☐	☐	☐	
21. take a bite of <u>hard, crunchy food</u> , such as a carrot stick	☐	☐	☐	
22. eat <u>hard, crunchy food</u> , such as a raw carrot stick, without gagging, coughing, or choking	☐	☐	☐	
23. speak using words that people outside our family can understand	☐	☐	☐	
Complex Movement Patterns Subscale Score				

BASIC MOVEMENT PATTERNS

	2	1	0	
My child can...	YES	SOMETIMES	NOT YET	Score
24. hold head up when lying on tummy	☐	☐	☐	
25. pull up to stand	☐	☐	☐	
26. stand holding on to something (such as, a table or couch)	☐	☐	☐	
27. walk holding on to someone or something	☐	☐	☐	
28. support weight on forearms when lying on tummy	☐	☐	☐	
29. bring one or both hands to mouth	☐	☐	☐	
30. hold a toy in hand	☐	☐	☐	
31. bring a toy or piece of food to mouth	☐	☐	☐	
32. hold a bottle or sippy cup	☐	☐	☐	
33. bring a bottle or sippy cup to mouth	☐	☐	☐	

	2	1	0	
My child can...	YES	SOMETIMES	NOT YET	Score
34. roll over from tummy to back	☐	☐	☐	
35. use fingers like a rake to bring food or a toy towards self	☐	☐	☐	
36. grasp a piece of food between thumb and another finger (such as, pick up a cheerio)	☐	☐	☐	
37. move a toy or a piece of food from one hand to the other	☐	☐	☐	
38. roll over from back to tummy	☐	☐	☐	
39. keep head steady when in a supported position (such as, with back against a chair or while being held)	☐	☐	☐	
40. sit upright with support (such as, sit with back against a chair or while being held)	☐	☐	☐	
41. sit upright without support	☐	☐	☐	
42. twist body to their left and right while sitting without support (such as, to reach for a toy or look at something)	☐	☐	☐	
43. crawl when placed on tummy	☐	☐	☐	
Basic Movement Patterns Subscale Score				

ORAL-MOTOR COORDINATION

	2	1	0	
My child can...	YES	SOMETIMES	NOT YET	Score
44. use tongue to move food around in mouth	☐	☐	☐	
45. keep solid food in mouth when eating	☐	☐	☐	
46. keep tongue in mouth when food is offered on a spoon	☐	☐	☐	
47. move jaw up and down to chew	☐	☐	☐	
48. drink thin liquids, such as water or juice, without gagging, coughing, or choking	☐	☐	☐	
49. take a bite of <u>soft food</u> , such as a muffin or banana	☐	☐	☐	
50. take a bite of <u>firm food</u> , such as a cracker or cookie	☐	☐	☐	
51. eat a spoonful of <u>smooth food</u> , such as a baby food or yogurt, without gagging, coughing, or choking	☐	☐	☐	

	2	1	0	
My child can...	YES	SOMETIMES	NOT YET	Score
52. eat <u>food that dissolves</u> , such as a baby puff, without gagging, coughing, or choking	☐	☐	☐	
53. eat <u>soft food</u> , such as a pancake, without gagging, coughing, or choking	☐	☐	☐	
54. eat <u>textured food</u> , such as coarse oatmeal, without gagging, coughing, or choking	☐	☐	☐	
55. eat <u>textured food with some lumps</u> , such as a lightly mashed banana, without gagging, coughing, or choking	☐	☐	☐	
56. eat <u>firm food</u> , such as a peeled slice of apple, without gagging, coughing, or choking	☐	☐	☐	
57. eat <u>chewy food</u> , such as a piece of hot dog, without gagging, coughing, or choking	☐	☐	☐	
Oral-Motor Coordination Subscale Score				

FUNDAMENTAL ORAL-MOTOR SKILLS

	2	1	0	
My child can...	YES	SOMETIMES	NOT YET	Score
58. close lips completely	☐	☐	☐	
59. move tongue inside mouth from side to side	☐	☐	☐	
60. stick tongue out past teeth or gums	☐	☐	☐	
61. open mouth wide enough to accept a spoon	☐	☐	☐	
62. bite down so that teeth or gums touch	☐	☐	☐	
63. move chin down to chest	☐	☐	☐	
Fundamental Oral-Motor Skills Subscale Score				

If you would like to explain any of your answers or provide more information, please do so here: