



Infant Eating Assessment Tool (InfantEAT) Assessment Tool

Directions

We are interested in learning about your infant's feeding. When filling this out, think about what is typical for your infant in the past week. The InfantEAT is intended for use in infants up to 12 months old.

Please turn to the next page to get started.

Infant Dysregulation

Scoring Metrics: 5 4 3 2 1 0

My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
1 is easy to console when upset (for example, stops crying when held or offered a pacifier).	☐	☐	☐	☐	☐	☐	
2 is calm and relaxed when eating.	☐	☐	☐	☐	☐	☐	
3 is satisfied after eating.	☐	☐	☐	☐	☐	☐	
Infant Dysregulation Subscale Score							

Fatigue & Physiologic Instability

Scoring Metrics: 0 1 2 3 4 5

My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
4 breathes faster or harder when eating.	☐	☐	☐	☐	☐	☐	
5 can only suck a few times before needing to take a break.	☐	☐	☐	☐	☐	☐	
6 gets exhausted during eating and is not able to finish.	☐	☐	☐	☐	☐	☐	
7 tilts head back during or after eating.	☐	☐	☐	☐	☐	☐	
Fatigue & Physiologic Instability Subscale Score							

Swallowing Dysfunction

Scoring Metrics: 0 1 2 3 4 5

My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
8 sounds gurgly or like they need to cough or clear their throat during or after eating.	☐	☐	☐	☐	☐	☐	_____
9 chokes or coughs during eating.	☐	☐	☐	☐	☐	☐	_____
10 coughs or chokes on saliva/spit when not eating.	☐	☐	☐	☐	☐	☐	_____
11 gets red color around eyes or face when eating.	☐	☐	☐	☐	☐	☐	_____
12 gulps when eating (swallows loudly).	☐	☐	☐	☐	☐	☐	_____
Swallowing Dysfunction Subscale Score							_____

Gastroesophageal Dysfunction

Scoring Metrics: 0 1 2 3 4 5

My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
13 becomes upset during feeding (whines, cries, gets fussy).	☐	☐	☐	☐	☐	☐	_____
14 arches back during or after eating.	☐	☐	☐	☐	☐	☐	_____
15 becomes stiff/rigid during or after eating.	☐	☐	☐	☐	☐	☐	_____

Continue Gastroesophageal Dysfunction subscale on next page...

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Scoring Metrics: 0 1 2 3 4 5

16	gags in between feedings when there is nothing in his/her mouth.	☐	☐	☐	☐	☐	☐	
Gastroesophageal Dysfunction Subscale Score (Questions 13-16) _____								

Gastrointestinal Dysfunction

Scoring Metrics: 0 1 2 3 4 5

My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
17 gets a bloated (big or hard) tummy after eating.	☐	☐	☐	☐	☐	☐	
18 seems uncomfortable after feeding.	☐	☐	☐	☐	☐	☐	
19 turns red in face, may cry with pooping/stooling.	☐	☐	☐	☐	☐	☐	
20 is very gassy.	☐	☐	☐	☐	☐	☐	
Gastrointestinal Dysfunction Subscale Score _____							

Sensory Dysfunction

Scoring Metrics: 0 1 2 3 4 5

My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
21 will only eat if fed in a certain way (for example, in a certain chair, or held upright).	☐	☐	☐	☐	☐	☐	

Continue Sensory Dysfunction subscale on next page...

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<i>Scoring Metrics:</i>		0	1	2	3	4	5	
22	eats best when very sleepy or asleep.	☐	☐	☐	☐	☐	☐	
23	needs a calm environment during feeding.	☐	☐	☐	☐	☐	☐	
Sensory Dysfunction Subscale Score (Questions 21-23) _____								

If you have breastfed your baby (at the breast) in the past week, please answer the following 3 questions. If not, skip to the next section.

Breastfeeding Dysfunction

<i>Scoring Metrics:</i>		0	1	2	3	4	5	
My baby...		Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
24	chews or bites on the nipple (breast) when he/she should be sucking.	☐	☐	☐	☐	☐	☐	
25	needs help latching on to the breast (for example, needs a nipple shield or positioning help).	☐	☐	☐	☐	☐	☐	
26	has a hard time handling how fast milk comes out of the breast (for example, chokes, coughs, gags, or pulls off the breast).	☐	☐	☐	☐	☐	☐	
Breastfeeding Dysfunction Subscale Score _____								

If you have fed your baby with a bottle in the past week, please answer the questions in the next two sections (5 questions). If you have not fed your baby with a bottle in the past week, there are no more questions for you to answer.

Bottle-feeding Dysfunction

Scoring Metrics: 0 1 2 3 4 5

My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
27 drools milk out of the side of the mouth when feeding.	☐	☐	☐	☐	☐	☐	
28 needs help latching on to the bottle.	☐	☐	☐	☐	☐	☐	
29 refuses the bottle before having eaten enough (such as, turns head, pushes bottle away, pushes nipple out of mouth with tongue).	☐	☐	☐	☐	☐	☐	
Bottle-feeding Dysfunction Subscale Score							

Bottle-feeding Sensory Dysfunction

Scoring Metrics: 0 1 2 3 4 5

My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	SCORE
30 gags on the bottle nipple.	☐	☐	☐	☐	☐	☐	
31 will only take the bottle from specific people (such as, by mom).	☐	☐	☐	☐	☐	☐	
Bottle-feeding Sensory Dysfunction Subscale Score							

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