

Neonatal Eating Assessment Tool - Mixed Breastfeeding and Bottle-feeding

(NeoEAT-Mixed Feeding)

Directions: We are interested in learning about your baby's eating and behavior. When filling this out, think about what is typical for your baby at this time (in the past week). This version of the NeoEAT is intended for babies who have fed both at the breast and by a bottle in the past week.

Infant Regulation

	5	4	3	2	1	0	
My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	Score
1. eats enough to have at least 5 wet diapers per day (24 hours).	☐	☐	☐	☐	☐	☐	
2. is satisfied after eating.	☐	☐	☐	☐	☐	☐	
3. is easy to console when upset (for example, stops crying when held or offered a pacifier).	☐	☐	☐	☐	☐	☐	
4. roots when hungry (for example, sucks on fist, smacks lips, looks for breast/bottle).	☐	☐	☐	☐	☐	☐	
5. is calm and relaxed when eating.	☐	☐	☐	☐	☐	☐	
Infant Regulation Subscale Score							

Energy & Physiologic Stability

	0	1	2	3	4	5	
My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	Score
6. gets exhausted during eating and is not able to finish.	☐	☐	☐	☐	☐	☐	
7. is exhausted after eating.	☐	☐	☐	☐	☐	☐	
8. can only suck a few times before needing to take a break.	☐	☐	☐	☐	☐	☐	
9. needs to be encouraged to keep eating (such as, by touching or talking).	☐	☐	☐	☐	☐	☐	
10. needs tube feedings.	☐	☐	☐	☐	☐	☐	
11. gets pale or blue color around lips when eating.	☐	☐	☐	☐	☐	☐	
12. needs to rest during eating to catch his/her breath.	☐	☐	☐	☐	☐	☐	
13. takes more than 30 minutes to eat (including rest/burping periods).	☐	☐	☐	☐	☐	☐	

	0	1	2	3	4	5	
My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	Score
14. breathes faster or harder when eating.	☐	☐	☐	☐	☐	☐	
15. holds breath when eating.	☐	☐	☐	☐	☐	☐	
16. eats more than 12 times per day (24 hours).	☐	☐	☐	☐	☐	☐	
17. wants to eat again within an hour after feeding.	☐	☐	☐	☐	☐	☐	
18. sweats/gets clammy when eating.	☐	☐	☐	☐	☐	☐	
Energy & Physiologic Stability Subscale Score (questions 6 - 18)							

Gastrointestinal Tract Function

	0	1	2	3	4	5	
My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	Score
19. seems uncomfortable after feeding.	☐	☐	☐	☐	☐	☐	
20. spits up in between feedings.	☐	☐	☐	☐	☐	☐	
21. chokes or coughs during eating.	☐	☐	☐	☐	☐	☐	
22. is uncomfortable if laid flat after eating.	☐	☐	☐	☐	☐	☐	
23. becomes stiff/rigid during or after eating.	☐	☐	☐	☐	☐	☐	
24. arches back during or after eating.	☐	☐	☐	☐	☐	☐	
25. coughs or chokes on saliva/spit when not eating.	☐	☐	☐	☐	☐	☐	
26. becomes upset during feeding (whines, cries, gets fussy).	☐	☐	☐	☐	☐	☐	
27. sounds gurgly or like they need to cough or clear their throat during or after eating.	☐	☐	☐	☐	☐	☐	
28. gets a stuffy nose when eating.	☐	☐	☐	☐	☐	☐	
29. spits up during feeding.	☐	☐	☐	☐	☐	☐	
30. throws up during feeding.	☐	☐	☐	☐	☐	☐	
31. throws up in between feedings.	☐	☐	☐	☐	☐	☐	

	0	1	2	3	4	5	
My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	Score
32. needs to be burped more than once before the end of feeding.	☐	☐	☐	☐	☐	☐	
33. coughs in between feedings.	☐	☐	☐	☐	☐	☐	
34. is very gassy.	☐	☐	☐	☐	☐	☐	
35. turns red in face, may cry with stooling/pooping.	☐	☐	☐	☐	☐	☐	
36. gets a bloated (big or hard) tummy after eating.	☐	☐	☐	☐	☐	☐	
37. gets the hiccups.	☐	☐	☐	☐	☐	☐	
38. gags in between feedings when there is nothing in his/her mouth.	☐	☐	☐	☐	☐	☐	
39. tilts head back during or after eating.	☐	☐	☐	☐	☐	☐	
40. gulps when eating (swallows loudly).	☐	☐	☐	☐	☐	☐	
41. drools milk out of the side of the mouth when feeding.	☐	☐	☐	☐	☐	☐	
42. gags on a pacifier or toys put in mouth.	☐	☐	☐	☐	☐	☐	
43. gags on the bottle nipple.	☐	☐	☐	☐	☐	☐	
44. gets watery eyes when eating.	☐	☐	☐	☐	☐	☐	
45. gets red color around eyes or face when eating.	☐	☐	☐	☐	☐	☐	
Gastrointestinal Function Subscale Score (questions 19 - 45)							

Sensory Responsiveness

	0	1	2	3	4	5	
My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	Score
46. will only eat if fed in a certain way (for example, in a certain chair, or held upright).	☐	☐	☐	☐	☐	☐	
47. chews or bites on the nipple (bottle) when he/she should be sucking.	☐	☐	☐	☐	☐	☐	
48. will only eat if food (milk/formula/baby food) is a certain temperature.	☐	☐	☐	☐	☐	☐	
49. will only eat from a specific kind of bottle/nipple.	☐	☐	☐	☐	☐	☐	

	0	1	2	3	4	5	
My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	Score
50. will only take the bottle from specific people (such as, by mom).	☐	☐	☐	☐	☐	☐	
51. refuses the bottle before having eaten enough (such as, turns head, pushes bottle away, pushes nipple out of mouth with tongue).	☐	☐	☐	☐	☐	☐	
52. needs help latching on to the bottle.	☐	☐	☐	☐	☐	☐	
Sensory Responsiveness Subscale Score (questions 46 - 52)							

Feeding Flexibility

	0	1	2	3	4	5	
My baby...	Never	Almost Never	Sometimes	Often	Almost Always	Always	Score
53. needs help latching on to the breast (for example, needs a nipple shield or positioning help).	☐	☐	☐	☐	☐	☐	
54. refuses the breast before having eaten enough (such as, turns head, pushes breast away, pushes nipple out of mouth with tongue).	☐	☐	☐	☐	☐	☐	
55. chews or bites on the nipple (breast) when he/she should be sucking.	☐	☐	☐	☐	☐	☐	
56. has a hard time handling how fast milk comes out of the breast (for example, chokes, coughs, gags, or pulls off the breast).	☐	☐	☐	☐	☐	☐	
57. prefers bottle-feeding over breastfeeding.	☐	☐	☐	☐	☐	☐	
58. needs a bottle after breastfeeding.	☐	☐	☐	☐	☐	☐	
59. gags on the breast.	☐	☐	☐	☐	☐	☐	
Feeding Flexibility Subscale Score							

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