Abstract

Introduction: Eating style is one of the prominent factors that determine energy intake. One of the influencing factors that determine parental feeding style is parental perception of the weight status of the child. Aim: The aim of this study is to evaluate the relationship between maternal visual perception of their children’s weight status and their feeding style. Method: A cross-sectional survey was completed with only mother’s of 380 preschool children with age of 5 to 7 (6.14 years). Visual perception scores were measured with a sketch and maternal feeding style was measured with validated “Parental Feeding Style Questionnaire”. Results: The parental feeding dimensions “emotional feeding” and “encouragement to eat” subscale scores were low in overweight children according to visual perception classification. “Emotional feeding” and “permissive control” subscale scores were statistically different in children classified as correctly perceived and incorrectly low perceived group due to maternal misperception. Conclusion: Various feeding styles were related to maternal visual perception. The best approach to preventing obesity and underweight may be to focus on achieving correct parental perception of the weight status of their children, thus improving parental skills and leading them to implement proper feeding styles.

Keywords