Objective: Eating problem is one of the most popular behavior problems in childhood (Linscheid, 2006) and previous studies reported that children’s mealtime behavior affects caregivers’ stress (Archer, Cunningham, & Whelan, 1988; Kim & Chung, 2008). This study assessed children’s eating behavior and their parents’ stress and compared children’s eating problem severity between high and normal parenting stress group. It was hypothesized that children with high parenting stress mother would be seen as exhibiting more mealtime problems.

Methods: Surveys were completed by the 128 caregivers of aged 2–8 years children (68 boys, 60 girls; mean age = 3.44(SD=1.42)). These participants were part of a standardization study of Children’s Eating Behavior Questionnaire (Chung & Choo, 2012), some of whom reported clinically high level of parenting stress group (n=64) by comparison with normal stress group (n=64). The Korean Parenting Stress Index (K-PSI; Chung, Lee, Park, & Kim, 2008), Korean Children’s Eating Behavior Index(K-CEBQ; Kim, Chung, & Park, 2008) and Korean Children’s Eating Behavior Questionnaire(K-CEBI; Chung & Choo, 2012) were conducted for assessing children’s eating behavior and Parenting stress.

Results: Children with high stress caregivers reported more behavioral feeding problems than children of normal stress parents. They reported higher scores of 6 factors in K-CEBQ, and 2 factors in K-CEBI which were about children’s under-eating behavior such as Fussiness, Emotional under-eating and Slowness in eating. Mealtime problems, especially under-eating behavior were associated with their parents’ stress. Correlations between general mealtime behavior problems and general parenting stress were observed.

Keywords: Childhood Eating problem, Parenting Stress, Under-eating