

# Parents Let's Talk Food!

## RED FLAGS FOR FEEDING DIFFICULTIES

Having a baby, child or adolescent who does not feed or eat well is a worrisome, frustrating, confusing and at times, medically concerning problem. We understand how hard it is to live with a child who doesn't eat well. Our focus is on helping you as Parents teach your child to eat a wide variety of nutritious foods in order to support their best growth. If you recognize several symptoms in a child, screening for problem feeding may be warranted.

### You may see one or more symptoms.

Mealtime is a constant battle

Cries and/or arches away at most meals

Avoids all foods in specific texture or food group

Poor weight gain (e.g. percentiles falling) or weight loss

Eats less than 20 foods by 2 years of age

Reporting child as being "picky" at 2 or more well child checks

Choking, gagging, or coughing during meals

Problems with vomiting while trying to eat or drink

More than one incident of nasal reflux

A traumatic choking incident

History of eating & breathing coordination problems, with ongoing respiratory issues

Unable to transition to baby food purees by 10 months of age

Unable to accept any table food solids by 12 months of age

Unable to transition from breast/bottle to a cup by 16 months of age

Is not weaned off baby foods by 16 months of age

More than one caregiver reports difficulty feeding child

### We're here to support.

- **FREE resources and support**
- **FREE one hour intake call** to discuss your kiddo and how we can best support you.
- **Feeding Consultations** via phone or Zoom
- **Online Mini Feeding Evaluations** – to assess for oral motor skill and provide supports (Colorado residents only)
- **Online Feeding Groups** for kids ages 4 – 17

Red Flags Symptoms Checklist copyright Kay Toomey, founder of SOS Approach to Feeding (<https://sosapproachtofeeding.com/>)