

Feeding

When Is It a Concern?

Many toddlers naturally go through phases of picky eating. If your child seems more like a problem/resistant eater, he could likely benefit from support from a feeding therapist.

Picky Eater	Problem/Resistant Eater
Accepts 30 or more foods	Accepts less than 20 foods
Want to eat certain foods for many days at a time	May have a strong reaction to food (crying, throwing a tantrum, gagging, or vomiting) when presented with a new food
Will usually accept the food again after a break from eating it	Has a hard time accepting foods again after a break from eating it
Eats at least one food from most food texture groups	May reject entire groups of foods (e.g. won't eat any fruits)
Able to tolerate a new food on the plate or touch/taste it (could be reluctantly)	May not even be able to touch a new food

Other red flags to suggest feeding therapy may be appropriate:

- ✓ Difficulty gaining weight or weight loss
- ✓ Choking, gagging, vomiting, or coughing when eating
- ✓ Reflux concerns
- ✓ History of traumatic choking incident
- ✓ Inability to transition to purees by 10 months or solid foods by 12 months
- ✓ Family fights about food and mealtimes

Resources:

Toomey and Associates: <http://sosapproach-conferences.com/>

My Munch Bug: <https://mymunchbug.com/melanie-potock/>

Fluens Children's Center: <http://www.fluenschildrenstherapy.com/feedingtherapist>



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