

When you should seek further help (from 12 months of age)

Tick all that apply. Take this completed checklist along to your health appointment.

Health

Your child.....

- Needs formula, supplements, or tube feeds* owing to lack of variety/intake
- Has frequent constipation (or dependent on laxatives) from deficiencies in diet and hydration
- Has identified delays in growth, or nutritional deficiencies
- Has low food intake, eating only a little, or skipping meals
- Refuses to drink enough water or milk/formula
- More dependent on liquids than eating solid foods
- Only eats snack (packet, dry, crunchy) or junk foods; grazes
- Does not eat from **all** food groups (foods hidden do not count)
 - Protein (meat, fish, nuts, beans, cheese)
 - Starch (breads, cereals, pastas, rice, potato)
 - Vegetable (cucumber, broccoli, avocado, celery, carrot, beetroot, pumpkin)
 - Fruit (melons, apple, banana, berries, stone fruits)
- Refuses supplements or medication

Skill and Independence

Your child.....

- Still drinks from a baby bottle at >18 months age
- Has difficulty chewing or swallowing, may include holding foods for long periods, gagging, or coughing
- Does not eat age-appropriate textures (e.g., relying on food to be mashed/puree)
- Does not have independence with drinking expected at age (open cup by themselves)
- Does not have independence with eating expected at age (full utensil use, food has to be cut up)

Behaviour and Social

Your child.....

- Requires separate foods from the family
- Engages in inappropriate mealtime behaviours such as crying, negative statements, turning head, covering mouth, hitting items, spitting out food, aggression, hurting self, leaving table
- Has lengthy mealtimes (over 20 minutes)
- Only consumes food or drink at certain temperatures, prepared a certain way, specific brands, colours, or in certain receptacles/utensils
- Only eats in certain settings (e.g., home), at certain times, or with certain people (e.g., Mum)
- Requires “distractions” to stay sitting or eat (e.g., TV on during meals)
- Refuses to sit at table for meals
- You are feeling high levels of stress, such as dreading mealtimes

*If on tube feeds (Gastrostomy, nasogastric tube), has clearance to eat or drink orally (or, to work towards swallow evaluation).