

Feeding Dysfunction Checklist

Listed below are some average milestones that children accomplish in various age brackets. All children develop at their own pace, so this is only meant as a guide, but if you have concerns about your child's development please see your Pediatrician.

Is my child a picky eater or does my child have a feeding problem?

Common for picky eaters

- Eats small variety of foods (at least 30 different foods)
- Eats some foods one week and then stops for a short period of time and returns to eating those same foods after a 2 week break
- Touch/tastes new food or tolerates new food on the plate
- Accepts at least one food from every texture.

Common of Feeding Problems

- Eats minimal range of foods (less than 20 different foods)
- Foods that were previously eaten are not accepted again
- Will not tolerate presence of new foods
- Presence of new foods will create a tantrum
- Rejects entire categories of food textures

OTHER SIGNS OF FEEDING PROBLEMS

- Persistent episodes of gagging, choking, coughing, or vomiting during meals
- Persistent weight loss or poor weight gain
- Difficulty with coordinating eating and breathing with respiratory difficulty.
- By 10 months of age has inability to transition to baby food purees.
- By 12 months of age is not accepting any table food solids.
- By 16 months of age has inability to transition from breast/bottle to cup.
- Any aversion to specific textures and/or food group
- Decreased food range (only accepts less than 20 foods and/or foods are being lost over time).
- Family reports mealtime feels like a battle, child is difficult to feed.