

Dear Caregiver,

We are excited to be working with you at Torrance Memorial Outpatient Rehabilitation Services, please see below for information regarding feeding therapy and materials needed.

*Please complete attached forms and/or arrive 15-20 minutes early to evaluation for check-in and paperwork completion.

What is feeding therapy?

Feeding therapy helps children learn how to eat more efficiently and effectively. It targets oral motor skills and/or expanding a child's diet to provide for more variety in fruits, vegetables, meats, etc.

How do I know if my child needs a feeding evaluation?

If your child experiences any of the following, a consultation/evaluation with a feeding therapist may be warranted.

- Decreased oral motor skills
 - o Difficulty chewing different textures
 - o Difficulty drinking from an open cup
- Minimal consumption at meals
- Arching of the body during feeding
- Gagging, choking or vomiting during meals
- Minimal consumption at meals
- Brand specific, such as ONLY eating Wendy's chicken nuggets
- Difficulty transitioning from one texture to another, such as puree to a mixed consistency
- Difficulty accepting changes in familiar foods, such as changes in:
 - o Shapes
 - o Textures
 - o Temperatures
 - o Colors
- Transitioning from G-tube feedings to oral feedings
- Avoidance of total food groups
- Mealtime taking longer than 30 minutes
- Physical reactions to food, such as crying, screaming, or refusing to sit at the table
- Difficulty swallowing or refusing to swallow certain foods or textures

What to bring to your evaluation?

Please bring the following information and materials to your evaluation

<u>Environment:</u>	<ul style="list-style-type: none">- Picture of current feeding set up (i.e. high chair, clip on chair, floor feeding set up)- Familiar utensils child is currently using (i.e. cup, bowl, spoon, bottle)- Familiar table top toys they use regularly, if applicable
<u>Drink</u>	<ul style="list-style-type: none">- Familiar cup and/or bottle
<u>Puree</u>	<ul style="list-style-type: none">- Smooth puree (i.e. yogurt, fruit pouches, apple sauce)- Lumpy puree (i.e. baby oatmeal)
<u>Solids</u>	<ul style="list-style-type: none">- Meltables (i.e. baby cereal, puffs, teethers)- Soft solids (i.e. bananas, scrambled eggs, chopped cheese, cooked pasta)- Hard solids (i.e. crackers, snack food, crunchy food, table top food)
<u>Non-preferred foods</u>	<ul style="list-style-type: none">- Please bring some foods your child refuses or has difficulty eating

***DO NOT EAT OR SNACK BEFORE COMING** - It is very important that your child is hungry during the evaluation. Children who are hungry tend to be more willing to eat in a new environment and try new foods