



## Behavioral Feeding Difficulties in Kids

### Signs

- Limited variety, volumes, or textures of foods consumed
- Frequent food refusals
- Stressful mealtimes or frequent battles at mealtimes
- Mealtimes lasting more than 30 minutes
- Obesity or difficulty gaining weight
- Difficulty dining out or eating at social events (ex. birthday party)

### Specialists

- Gastroenterologist/PCP
- Nutritionist/Dietician
- Speech-language pathologist
- Occupational therapist
- Psychologist

### Assessment/Treatment

- Individual or team assessment
- Behavioral modification protocols  
(Positive reinforcement, shaping, etc.)
- Desensitization
- Parent education & home programming

Consult your physician for a script for a feeding evaluation

### Other Factors

- Child may also have:
  - sensory feeding difficulties
  - known medical diagnosis (ex. Autism, chronic lung disease, prematurity or failure to thrive)
- Can indicate underlying medical conditions  
(ex. EoE, reflux, GI issues, allergies, ARFID, etc)
- Could lead to nutritional deficits
- May need medical/pharmaceutical intervention