



Therapy Insights for Parents

Sensory Feeding Difficulties in Kids

Signs

- Frequent gag/vomit, facial grimace, food refusals, wiping food off mouth/lips, body shudders
- Limited variety, volumes, or textures of foods consumed
- Stressful mealtimes or frequent battles at mealtimes
- Mealtimes lasting more than 30 minutes or difficulty sitting at table
- Obesity or difficulty gaining weight

Specialists

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

Assessment/Treatment

- Individual or team assessment
- Food Chaining (trying new food similar in nature to preferred foods)
- Systemic Desensitization (Sensory protocol ex. Touch, kiss, lick, taste food)
- Parent education & home programming

Other Factors

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

Consult your physician for a script for feeding evaluation

