



CHECKLIST FOR FEEDING CONCERNS IN INFANTS AND YOUNG CHILDREN

UNDER 3 MONTHS

- Coughing throughout meal or when drinking
- Spitting up frequently after meals
- Abnormal bowel movements (constipation, diarrhea, and loose stool) and frequency
- Skin reaction (dry patches, hives, and rashes)
- Discomfort (crying, arching back, irritability, and retching)

4-6 MONTHS

- Coughing throughout meal or when drinking
- Spitting up frequently after meals
- Abnormal bowel movements (constipation, diarrhea, and loose stool) and frequency
- Skin reaction (dry patches, hives, and rashes)
- Discomfort (crying, arching back, irritability, and retching)

6-8 MONTHS

- Coughing throughout meal or when drinking
- Spitting up frequently after meals
- Abnormal bowel movements (constipation, diarrhea, and loose stool) and frequency
- Skin reaction (dry patches, hives, and rashes)
- Discomfort (crying, arching back, irritability, and retching)
- Limited diet (e.g. prefers eating same foods, same color, or same texture)
- Gag response to new or non-preferred foods
- Minimal fluid intake/adipsia (e.g. child will eat solid foods, but very little fluid intake)

8-12 MONTHS

- Coughing throughout meal or when drinking
- Spitting up frequently after meals
- Abnormal bowel movements (constipation, diarrhea, and loose stool) and frequency
- Skin reaction (dry patches, hives, and rashes)
- Discomfort (crying, arching back, irritability, and retching)
- Limited diet (e.g. prefers eating same foods, same color, or same texture)
- Gag response to new or non-preferred foods
- Minimal fluid intake/adipsia (e.g. child will eat solid foods, but very little fluid intake)
- Limited variety of textures (e.g. prefers smooth/creamy foods or eating only crunchy foods)
- Excessive fluid intake (e.g. drinks bottle or from cup, but minimal food intake)
- Failure to transition to baby food purees by 8-10 months
- Failure to transition to any table foods by 12 months

12-18 MONTHS

- Coughing throughout meal or when drinking
- Spitting up frequently after meals
- Abnormal bowel movements (constipation, diarrhea, and loose stool) and frequency
- Skin reaction (dry patches, hives, and rashes)
- Discomfort (crying, arching back, irritability, and retching)
- Limited diet (e.g. prefers eating same foods, same color, or same texture)
- Gag response to new or non-preferred foods
- Minimal fluid intake/adipsia (e.g. child will eat solid foods, but very little fluid intake)
- Limited variety of textures (e.g. prefers smooth/creamy foods or eating only crunchy foods)
- Failure to transition to any table foods by 16 months
- Persistence on bottle/breast past 16 months, without ability/interest in cup drinking
- Excessive fluid intake (e.g. drinks bottle or from cup, but minimal food intake)
- Chewing skill deficits (e.g. eating only easy to swallow foods, not demonstrating safe or efficient chewing skills after 12 months)
- Food refusal (e.g. pushing food away, throwing foods, crying, tantrums at meal time)
- Excessive mouthing

18-24 MONTHS

- Coughing throughout meal or when drinking
- Spitting up frequently after meals
- Abnormal bowel movements (constipation, diarrhea, and loose stool) and frequency
- Skin reaction (dry patches, hives, and rashes)
- Discomfort (crying, arching back, irritability, and retching)
- Limited diet (e.g. prefers eating same foods, same color, or same texture)
- Repertoire of less than 20 foods
- Gag response to new or non-preferred foods
- Minimal fluid intake/adipsia (e.g. child will eat solid foods, but very little fluid intake)
- Limited variety of textures (e.g. prefers smooth/creamy foods or eating only crunchy foods)
- Failure to transition to any table foods by 16 months
- Excessive fluid intake (e.g. drinks bottle or from cup, but minimal food intake)
- Chewing skill deficits (e.g. eating only easy to swallow foods, not demonstrating safe or efficient chewing skills after 12 months)
- Food refusal (e.g. pushing food away, throwing foods, crying, tantrums at meal time)
- Refusal to self-feed (e.g. finger foods or utensil use)
- Excessive mouthing

24-30 MONTHS

- Coughing throughout meal or when drinking
- Spitting up frequently after meals
- Abnormal bowel movements (constipation, diarrhea, and loose stool) and frequency
- Skin reaction (dry patches, hives, and rashes)
- Discomfort (crying, arching back, irritability, and retching)
- Limited diet (e.g. prefers eating same foods, same color, or same texture)
- Repertoire of less than 20 foods
- Need for PediaSure or other supplement for weight gain
- Gag response to new or non-preferred foods
- Minimal fluid intake/adipsia (e.g. child will eat solid foods, but very little fluid intake)
- Limited variety of textures (e.g. prefers smooth/creamy foods or eating only crunchy foods)
- Excessive fluid intake (e.g. drinks bottle or from cup, but minimal food intake)
- Chewing skill deficits (e.g. eating only easy to swallow foods, not demonstrating safe or efficient chewing skills after 12 months)
- Food refusal (e.g. pushing food away, throwing foods, crying, tantrums at meal time)
- Refusal to self-feed (e.g. finger foods or utensil use)
- Excessive mouthing

OTHER RED FLAGS NOT LISTED ABOVE

Other Red Flags not Listed Above Include:

- Any child who is tube fed, whether they are ready for transition to oral feeding or not
- Any child with a history of digestive, gastrointestinal, or oral-facial surgeries, syndromes, or complications
- Poor weight gain or weight loss
- Incidents of nasal reflux
- A traumatic choking event