

Learning Objectives

MedBridge

Evaluation of Children Who Have Food Selectivity

Michelle Suarez, PhD, OTR/L

Course Objectives

- Understand the information needed for a full perspective of the child's feeding/eating history and how this information impacts current eating behavior
- Identify possible physical/medical causes and/or consequences of food selectivity for appropriate referral to medical resources
- Gain proficiency in assessment of important aspects of the family meal and caregiver skill level in facilitating their child's eating
- Gain proficiency in assessment of the child's eating skills including mealtime behavior, food acceptance repertoire, sensory processing patterns, temperament, and oral motor skills
- Identify key goals that signal successful remediation of food selectivity for discharge

Chapter 1: Feeding History Evaluation

- Identify information that allows for understanding of the child's general health history and developmental functioning.
- Learn how to gather information about the foods that are available and regularly offered to the child and about the child's feeding history.
- Gain proficiency in funneling the child's needs and the family's priorities into meaningful food selectivity treatment goals.

Chapter 2: Physical and Medical Considerations in Food Selectivity Evaluation

- Articulate red flags for aspiration, reflux and constipation in order to make necessary referrals.
- Identify key questions that guide observation of the child and caregiver eating together.
- Learn how to gather objective information related to food acceptance, sensory processing, temperament, and eating behavior to form the treatment baseline.

Chapter 3: Development of Food Selectivity Treatment Goals

- Identify three goal areas that are often a necessary part of a food selectivity treatment plan.
- Learn how to track a child's generalization of food acceptance skills into the home environment.
- Understand how the evaluation culminates into a comprehensive description of mealtime functioning and needs through the use of descriptive case studies.