

RED FLAGS

Is this child a candidate for referral?

- 🚩 Ongoing poor weight gain (rate re: percentiles falling) or weight loss
- 🚩 Ongoing choking, gagging or coughing during meals
- 🚩 Ongoing problems with vomiting
- 🚩 More than once incident of nasal reflux
- 🚩 History of a traumatic choking incident
- 🚩 History of eating and breathing coordination problems, with ongoing respiratory issues
- 🚩 Parents reporting child as being “picky” at 2 or more well child checks
- 🚩 Inability to transition to baby food purees by 10 months of age
- 🚩 Inability to accept any table food solids by 12 months of age
- 🚩 Inability to transition from breast/bottle to a cup by 16 months of age
- 🚩 Has not weaned off baby foods by 16 months of age
- 🚩 Aversion or avoidance of all foods in specific texture or nutrition group
- 🚩 Food range of less than 20 foods, especially if foods are being dropped over time with no new foods replacing those lost
- 🚩 An infant who cries and/or arches at most meals
- 🚩 Family is fighting about food and feeding (i.e. Meals are battles)
- 🚩 Parent repeatedly reports that the child is difficult for everyone to feed

There are 17 Red Flags for feeding problems on this Handout. Please place a checkmark by the Red Flags that describe your child. If your child has 4 or more Red Flags checked, your child should be assessed by a Feeding Specialist. If your child has 6 or more Red Flags checked, Feeding Therapy is likely needed.

Ongoing poor weight gain or weight loss (not due an acute illness), problems with coordinating breathing + eating with ongoing respiratory issues, and/or ongoing coughing, gagging and/or choking during mealtimes EACH require immediate attention and evaluation by a Feeding Therapist.

