

Feeding Dysfunction Checklist

These milestones are provided as examples of what an average child might accomplish within various age brackets. This is only meant as a guide. If you have concerns, contact your child's pediatrician or schedule a free screening with PhysioKids.

Is my child a picky eater or does my child have a feeding problem?

Picky Eater	Feeding Problem
Eats small variety of foods (at least 30 different foods)	Eats minimal range of foods (less than 20 different foods)
Eats some foods one week and then stop for a short period of time and regain after 2 week break	Foods that were previously eaten are not accepted again
Touch/tast new food or tolerate new food on plate.	Will not tolerate presence of new foods, presence of new foods will create a tantrum.
Accepts at least one food from every food texture.	Rejects entire categories of food textures.

OTHER SIGNS OF FEEDING PROBLEMS

- Persistent episodes of gagging, choking, coughing, or vomiting during meals
- Persistent weight loss or poor weight gain
- Difficulty with coordinating eating and breathing with a respiratory difficulty.
- By 10 months of age has inability to transition to baby food purees.
- By 12 months of age is not accepting any table food solids.
- By 16 months of age has inability to transition from breast/bottle to cup.
- Any aversion to specific textures and/or food group
- Decreased food range (only accepts less than 20 foods and/or foods are being lost over time).
- Family reports mealtime feels like a battle, child is difficult to feed.