

Feeding Evaluation Parent Instructions

When coming to the feeding evaluation, please bring your child hungry, not starving. This will provide a typical feeding experience. Include your child in the process of picking out what to bring for his/her evaluation.

- Please bring all the utensils/adaptive equipment that your child typically uses during his/her meals. (i.e., bottle, cups, spoons, etc.)
- Please bring 3 different foods that your child eats cooperatively/easily.
- Please bring 1 food that your child refuses to eat or eats with difficulty.
- Please bring 1 food that your family eats often that your child refuses to eat.
- Please bring water, milk or milk product, juice, and any other drink your child prefers.
- Please bring 2 different finger foods.
- Please bring 1 food item that your child can use with utensils.
- Please bring any item your child currently uses that helps them to calm and/or organize. (i.e., pacifier, blanket, chewy toy, etc.)

Please be sure that the foods from the categories above include a variety of textures and consistencies. These could include purees (ex. applesauce), soft/squishy foods that are easy to chew (ex. banana), crunchy foods (ex. veggie sticks, pretzel sticks), foods that are a bit trickier to chew (ex. bread, raw vegetables), and foods that require biting. Please bring in any other pertinent evaluations or information regarding your child's feeding needs and concerns (GI notes, swallow studies, feeding clinic notes, etc.)