RED FLAGS
FOR PROBLEM FEEDING*

Consider the child’s feeding during the past six months. If you recognize several symptoms in a child, screening for problem feeding may be warranted.

___ Poor weight gain (e.g., percentiles falling) or weight loss
___ Choking, gagging, or coughing during meals
___ Problems with vomiting while trying to eat or drink
___ More than one incident of nasal reflux
___ A traumatic choking incident
___ Unable to transition to baby food purees by 10 months of age
___ Unable to accept any table food solids by 12 months of age
___ Unable to transition from breast/bottle to a cup by 16 months of age if parents want this
___ Is not weaned off baby foods by 16 months of age
___ Avoids all foods in specific texture or food group
___ Eats less than 20 foods by age two years
___ Cries and/or arches away at most meals
___ Mealtime is a constant battle
___ History of eating and breathing coordination problems, with ongoing respiratory issues
___ Parents reporting child as being “picky” at 2 or more well child checks
___ Parent repeatedly reports that the child is difficult for everyone to feed

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