



# FEEDING QUESTIONNAIRE

Do you have a picky eater or a problem eater causing stress during mealtimes? Altru's Pediatric Therapy team utilizes a sensory-based and/or oral-motor approach to expand a child's feeding skills, broaden their food choices, provide adaptive ideas to improve mealtime stressors and improve muscle strength and movement patterns associated with eating.

If you are concerned about your child being a picky eater, read through the list below to determine if your child falls into any of the below categories. If you have concerns about your child being a picky eater, problem feeding or oral-motor issues, speak with your child's primary care provider about feeding therapy.

## **Picky Eater**

- 30 different foods
- Willing to touch/taste new foods
- Eats 1 food from each food group
- Frequently eats different meal than family

## **Problem Eater**

- 20 different foods
- Refuses to eat entire food categories
- "Falls apart" when new foods are presented
- Almost always eats a different meal than family

## **Oral-Motor Issues**

- Messy Eating
- Loosing food from their mouth when eating
- Difficulty chewing foods
- Difficulty swallowing
- Frequent gagging or coughing during meals
- Difficulty drinking from straw or open cup