

COMMUNICATING WITH YOUR PROVIDER

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feeding matters

*Conquering pediatric feeding struggles
to nourish healthy futures*

how to start a dialogue with your provider

It is not uncommon for parents and providers to overlook the subtle cues that may indicate a child's feeding struggles. Sometimes providers may not easily detect a disruption because the child's growth chart looks typical but parents are still left with a cause for concern. This is why Feeding Matters gathered a comprehensive group of pediatric specialists to help create the Infant and Child Feeding Questionnaire©. The questionnaire is a tool that will help parents foster a conversation with the provider about typical milestones for their child's social, emotional, developmental, and medical well-being.

what is the purpose of the questionnaire?

The Infant and Child Feeding Questionnaire© is an age based survey, designed to help identify any red flags of concern. It was created by nationally-recognized feeding experts and is expert-opinion based -not researched based. It outlines which milestones are developmentally appropriate for the child's age range and will display any red flags that may warrant further discussion with a provider.

It is important to remember that it was not designed to diagnose a child's problem but to instead be used as a guide to help providers determine the possible underlying cause. Additionally, the tool is not meant to replace a provider or to put the family in a position to challenge their provider.

benefits of the Infant and Child Feeding Questionnaire:

- Earlier referral may benefit the child
- Earlier referral may help the family cope with difficulties they may face
- Allows for open conversation with provider
- Participatory guidance offers education for families and providers
- Coincides with regular office visits for children 0-36 months
- Results can be printed it out or emailed to provider's office

how will a provider react to the questionnaire results?

Depending on which red flags appear on the results page, a provider may recommend further monitoring of the child's feeding behaviors, specialty testing for further evaluation, or perhaps refer the child to another specialist. With this tool, you will be enabled to partner with your provider in finding the best way to move forward for your child. Remember that each child's journey is unique, as well as their evaluation and treatment options.