



Feeding Victories!

Creating Your Child's Why Profile

Understanding the factors that may influence your child's mealtime behaviors is an important first step in addressing challenges related to feeding and eating. Create your child's *Why Profile* By marking each item as "Often", "Sometimes", or "Rarely/Never" applying to your child in regards to mealtimes.

	Often	Sometimes	Rarely/Never
Medical Considerations			
Acid reflux/GERD			
GI Issues: _____			
Dental issues: _____			
Swallowing issues			
Medication affecting appetite			
Sensory Considerations			
Visual - sensitivities or strong preferences			
Olfactory sensitivities			
Auditory sensitivities			
Tactile sensitivities			
Oral sensitivities or preferences			
Interoception - difficulty recognizing hunger/full			

	Often	Sometimes	Rarely/Never
Motor Considerations			
Demonstrates difficulty sitting up well at the table			
Demonstrates challenges with fine motor skills for self-feeding (including utensil use)			
Demonstrates difficulty chewing/managing foods in mouth			
Pockets foods in cheeks			
Has/may have a tongue or lip tie			
Learning Differences			
Limited imitation of others			
Difficulty shifting mindset, being flexible			
Difficulty with generalization			
Requires increased repetition to learn new skills			
Attends to small details in food - ex. A brown mark			
Wants the same meal everyday			
Difficulty communicating wants, needs, why upset			
Difficulty with social aspect of meals, eats alone			
Environmental Considerations			
Eats better in one typical environment over another			
Easily distracted by environment			
Relies on video distraction during meals			
<i>Child sits in supportive seating</i>			
<i>Child eats with others (role models)</i>			
<i>Home - Are mealtime routines in place and followed</i>			

	Often	Sometimes	Rarely/Never
Behavioral Considerations			
Resistant to change, upset by change			
Requests, eats the same food over and over			
Resistant to trying even “basic” new foods			
Grazes, eats on the run			
Prefers to eat alone			