

**RED FLAGS** - is this child a candidate for referral?  
(May be - if any of the following are present)

- ☞ Ongoing poor weight gain (rate re: percentiles falling) or weight loss
- ☞ Ongoing choking, gagging or coughing during meals
- ☞ Ongoing problems with vomiting
- ☞ More than once incident of nasal reflux
- ☞ History of a traumatic choking incident
- ☞ History of eating and breathing coordination problems, with ongoing respiratory issues
- ☞ Parents reporting child as being “picky” at 2 or more well child checks
- ☞ Inability to transition to baby food purees by 10 months of age
- ☞ Inability to accept any table food solids by 12 months of age
- ☞ Inability to transition from breast/bottle to a cup by 16 months of age
- ☞ Has not weaned off baby foods by 16 months of age
- ☞ Aversion or avoidance of all foods in specific texture or nutrition group
- ☞ Food range of less than 20 foods, especially if foods are being dropped over time with no new foods replacing those lost
- ☞ An infant who cries and/or arches at most meals
- ☞ Family is fighting about food and feeding (ie. Meals are battles)
- ☞ Parent repeatedly reports that the child is difficult for everyone to feed
- ☞ Parental history of an eating disorder, with a child not meeting weight goals (parents not causing the problem, but may be more stressed and in need of extra supports)