



Pediatric feeding disorder fact sheet

Pediatric feeding disorder (PFD) is impaired oral intake that is not age-appropriate and associated with medical, nutritional, feeding skill, and/or psychosocial dysfunction. While these individuals have difficulty eating enough, it is not due to an eating disorder, a lack of food, or cultural traditions.

Screen early and screen often!

Early identification is key. Use the **Feeding Matters Infant and Child Feeding Questionnaire Screening Tool**©.

6 Question Subset

Does your baby/child let you know when s/he is hungry?	YES	NO	
Do you think your baby/child eats enough?	YES	NO	
How many minutes does it usually take to feed your baby/child?	<5	5-30	>30
Do you have to do anything special to help your baby/child eat?	YES	NO	
Does your baby/child let you know when s/he is full?	YES	NO	
Based on the questions above, do you have concerns about your baby/child's feeding?	YES	NO	

Red flag answers are in orange. If 2 or more of your answers are orange, please contact your pediatrician.

Concerned? Take the full questionnaire: feedingmatters.org/questionnaire

Key red flags by domain

Medical <ul style="list-style-type: none"> Recurring upper respiratory infections Crying, arching, coughing, grimacing when eating or drinking Suspected food allergies Physical discomfort when eating or drinking 	Nutrition <ul style="list-style-type: none"> Unable to eat or drink enough to grow or stay hydrated Need for nutritional supplements Chronic constipation Limited dietary diversity for age
Feeding Skill <ul style="list-style-type: none"> Refusal to eat, drink, or swallow certain food textures Needs distractions or excessive threats/bribes to eat Difficulty chewing age-appropriate foods Excessively long mealtimes (over 30 minutes) 	Psychosocial <ul style="list-style-type: none"> Unable to come or stay with the family at meals Disruptive mealtime behaviors Caregiver stress, worry, or fear when feeding their child Unpleasant mealtime interactions between caregiver and child

Based on a recent national prevalence study, the prevalence of PFD is between 1:23 children and 1:37 children under the age of 5 annually in the United States. This is higher than other more well-known childhood conditions, such as autism and cerebral palsy.

Myths about PFD

- They will eat when they are hungry
- It's just a phase-they will grow out of it
- Babies are born knowing how to eat
- It's just picky eating
- My child will always have PFD

MORE RESOURCES



feedingmatters.org/is-it-pfd/

Key professionals by domain (for referral)

Medical <ul style="list-style-type: none"> Primary care physician Developmental pediatrician Allergist/Immunologist Gastroenterologist Otolaryngologist (ENT) 	Nutritional <ul style="list-style-type: none"> Registered Dietitian Nutritionist (RDN)
Feeding Skill <ul style="list-style-type: none"> Occupational Therapist Speech Language Pathologist 	Psychosocial <ul style="list-style-type: none"> Psychologist Behavior Analyst Counselor Social Worker

Questions? Contact **Paula Rabaey** (rbae010@umn.edu)

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