

Feeding Therapy at BAC

This checklist is designed to help determine who may benefit from feeding therapy (infancy through young adults) at the Boston Ability Center.

- Picky Eating:** Limited variety of foods consumed.
- Mealtime Avoidance and/or Tantrums:** Resistance, distress, or disruptive behaviors during meals.
- Caregiver/Child mealtime stress:** Unpleasant mealtime experiences between the Child/Tween/Teen and Caregiver
- Feeding Difficulties:** Challenges in accepting or swallowing food efficiently.
- Pocketing Food or Overstuffing Mouth:** Holding food in cheeks or taking excessively large bites.
- Food Selectivity:** Preference for specific brands or avoidance of entire nutrition groups.
- Sensory Sensitivities:** Adverse reactions to food textures, smells, temperatures, or tastes.
- Food Aversions:** Strong dislike or refusal to eat certain foods.
- Oral Hypersensitivity:** Heightened sensitivity in the mouth that affects eating.
- Tube Feeding, Non-Oral Feeding:** Reliance on alternative feeding methods.
- Oral Motor Weakness:** Reduced strength and coordination in oral muscles.
- Delays in Oral Motor Skill Development:** Lag in the progression of oral skills necessary for eating.
- Dysphagia:** Difficulty or discomfort in swallowing.
- Failure to Thrive:** Insufficient growth or weight gain.
- Avoidant/Restrictive Food Intake Disorder (ARFID):** Severe limitations in food intake.
- Gastroesophageal Reflux Disease (GERD):** Chronic acid reflux affecting eating.
- Aspiration:** Inhalation of food or liquid into the lungs.
- Tongue Thrust:** Forward movement of the tongue during swallowing.
- Excessive Drooling:** Uncontrolled saliva flow.
- Gagging or Vomiting While Eating or Near Food Items:** Reactions to food that disrupt eating.

If you identify with any of these challenges, consider scheduling an evaluation with the Boston Ability Center to determine if feeding therapy could support your needs.