

## BIOMEDICAL HEALTH ISSUES CHECKLIST

Let's explore some factors that could cause your child to become a picky eater. Understanding why your child avoids foods will give you ideas about how to approach adding new foods and whether you need to seek some outside professional help.

	What We Want to See	Causes for Concern	Get Professional Help Now	Primary Provider	Nutritionist	Therapy -OT	Therapy -SLP	Behaviorist	Therapy-PT
1) Individual									
a) Energy									
i) Movement	Plenty of movement - crawling, walking, running, jumping, climbing – all day long	Limited movement – long periods sitting in front of a TV or video screen	Rarely if ever moving – difficulty crawling, walking, running, jumping, or climbing	X	X	X			X
ii) Sleep	8-10 hours of uninterrupted sleep on most nights.	Less than 8 hours/day – naps lasting more than a few hours/day – fitful nights	Inability to sleep more than a few hours at a time	X	X	X		X	
iii) Mood	Generally alert, curious & happy	Frequent moodiness, lack of interest in the world around them	Generally unhappy, fearful or disinterested in the environment	X	X	X		X	
iv) Eyes	Bright, shiny & curious	Dull, listless, lids at half-mast.	Dark circles under eyes, sunken eyes, unresponsive to movement or lights	X	X				
b) Growth	Following a normal growth curve on a growth chart	Growth on the upper or lower curves of the chart	Weight loss, slowing down or lack of growth						
c) Elimination									
i) Feces	Brown, consistency of a banana, 1-2 times/day	Frequent constipation, yellow or grainy stool, 1-2 times/week	Frequent diarrhea, painful stool, large quantity, black, foul smell, 3-4 times/day	X	X				
ii) Urine	Usually clear or light yellow	Usually dark yellow	Dark brown, red, orange, foul smell	X	X				
iii) Sweat	Clear, salty, after active play or getting hot	Rarely sweats even when warm or after playing hard	Frequently sweats even when not active or in cool temperatures, foul smell	X	X				
iv) Hair & Nails	Smooth, hard, clear	Ridged, brittle, spotted	Thick, broken, opaque	X					
d) Brain Function									
i) Sensory Processing	Eagerly explores environment with mouth, nose, fingers	Avoids many textures, flavors, smells, sounds	Avoids any unfamiliar movement, textures, flavors, smells, sounds, or changes in environment	X		X			
ii) Coordination	Chews, crawls, walks, runs, jumps, climbs, catches & kicks balls	Often chokes, clumsy, awkward or slow to learn new movements	Frequently chokes, spits up, avoids movement	X		X	X		X
iii) Emotional Regulation	Generally happy and curious	Frequent “melt-downs”	Generally unhappy, listless, or violent tantrums	X		X		X	
iv) Learning/Problem Solving	Explores & figures out how toys work, enjoys school	Frequently asks for help figuring out new toys, dislikes school	Prefers the same toys, avoids new experiences, “hates” school	X		X	X	X	X

## SOCIO-CULTURAL ISSUES HEALTH CHECKLIST

Let's explore some factors that could cause your child to become a picky eater. Understanding why your child avoids foods will give you ideas about how to approach adding new foods and whether you need to seek some outside professional help.

	What We Want to See	Causes for Concern	Get Professional Help Now	Primary Provider	Nutritionist	Therapy -OT	Therapy -SLP	Behaviorist	Therapy-PT
1) Family									
a) Eating together	Enjoy family meals every day	Share family meals less than once a week	Avoid family meals, everyone eats separately	X	X	X	X	X	
b) Exploring together	Enjoy trying something new once or twice a month	Strict (not fun) rules for trying new foods, clearing plate	Everyone has individual dietary preferences & restrictions		X	X	X	X	
2) Community									
a) Ritual meals	Enjoy traditional holiday meals like Thanksgiving, Christmas, Passover, Ramadan, birthdays	Holiday meals often a source of friction rather than enjoyment	Avoid holiday meals whenever possible		X	X	X	X	
b) Parties	Enjoy getting together with family and friends for no particular reason	Rarely share meals with family or friends except special occasions	Avoid parties whenever possible		X	X	X	X	
3) Species									
a) Traditional foods	Regularly eat meals made from recipes handed down through the family or from ethnic cookbooks.	Generally eat meals made with ingredients that ancestors would not recognize.	All meals come from pre-prepared packages or restaurants		X				
i) Fermented	Regularly eat foods with live probiotic cultures, like yogurt, homemade sauerkraut, pickles	Eat some yogurt, usually the sweetened kind	Avoid yogurt or anything like it		X				
ii) Slow preparation	Meals cooked in a crockpot, roasted in an oven, or otherwise take 1-2 days preparation	Meals cooked at home rarely take more than 15 minutes to make – including preparation	All food prepared in microwave or eaten in “fast food” restaurants		X				
iii) Nutrient density	Using whole foods, including healthy fats, fruits & vegetables	Mostly packaged pre-prepared low-fat foods	Strict low-fat diet of packaged, pre-prepared foods	X	X				
b) Outdoor play									
i) Activity	1-2 hours/day spent in unstructured outdoor play in all but the worst weather	30 minutes or less a day unstructured play – only in perfect weather	Rarely, if ever, plays outdoors	X		X		X	X
ii) Contact with dirt	Regular contact with “clean” dirt like grass, sand, soil	Occasional contact with “clean” dirt – most often plays indoors or on pavement	Rarely, if ever, has made contact with grass, sand, soil	X		X		X	X