

Feeding Team Evaluation: WHAT CAN I EXPECT DURING MY VISIT?

Questions Often Asked By Our Families



Why is my child having a Feeding Team evaluation?

Your pediatrician or another health care professional may have referred you for a comprehensive feeding evaluation to have all aspects of your child's feeding experience evaluated. The Comprehensive Feeding Program promotes a positive experience for children and their families while fostering the progression of developmental feeding milestones.

What will happen during the evaluation?

The Feeding Team will obtain information regarding your child's medical history, feeding history, developmental milestones and areas of concern from you and your child. They will review the intake questionnaire that you completed. The Team will ask you and your child to eat preferred and non-preferred foods, simulating a typical meal at home.

Who are the members of the Feeding Team that will be present during the evaluation?

The Team consists of a Speech Language Pathologist, an Occupational Therapist, a Psychotherapist and a Nutritionist. They will work closely with you and your family to understand your concerns for your child, and partner with you to develop goals and a treatment plan to accomplish those goals.

- **Speech Language Pathologist** – evaluates your child's ability to swallow, eat, drink, understand common words, and follow directions.
- **Occupational Therapist** – evaluates a child's oral motor skills and sensory processing skills.
- **Psychotherapist** – observes potential emotional or behavior problems that are interfering with the feeding process.
- **Nutritionist** – reviews the child's current food intake and nutritional needs.

Will a medical doctor be involved in the evaluation?

No. We do not have a medical doctor available during a Feeding Team Evaluation. Recommendations from the evaluation may include referral to a medical provider if needed.

How long will the evaluation take?

Depending on your child's age, the evaluation may take up to two and a half hours.

Will there be time to discuss the findings?

The Team will discuss the findings and recommendations with you at the end of the evaluation. You may be provided with strategies to implement at home.



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What is the Family's role during the evaluation?

Family involvement during the evaluation varies for each individual child. Typically, the team will want to observe your child's usual feeding or mealtime behaviors. The family member or caregiver accompanying the patient to the appointment will remain with the child for the duration of the evaluation.

When will I get a report?

You will receive a printed summary of the recommendations at the time of the evaluation. The completed evaluation reports will be available to view in MyChart, the patient portal.

What do I need to bring?

Please bring:

- Preferred and non-preferred foods of varying textures and consistencies
- A current photo ID (license)
- Insurance card
- Referral if needed
- School reports
- Prior evaluations
- Current list of medications
- Bring any equipment that your child regularly uses for meals (forks, spoons, cups, glasses, hearing aid, etc.)
- A list of questions to ask the therapist.

Should my child eat prior to the evaluation?

Depending on the time of day of the evaluation, we suggest that you refrain from any full size meals prior to the evaluation. If the evaluation is in the morning, we ask that you limit your child's food intake beforehand. If the evaluation is at lunchtime, a lighter morning meal is preferred, and your child's "lunch" will be consumed at the site. Generally, this means no large meals or food intake approximately 2 hours prior to the appointment.

What should my child wear?

Please have your child wear loose, comfortable clothing and a pair of socks and shoes.

Can I bring my other children?

If possible, it is recommended that siblings stay home so that the parent can give their undivided attention during the evaluation. Understanding that childcare is sometimes difficult, when bringing siblings, it may be helpful to bring another adult and activities to occupy the siblings during the evaluation.



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Children's
Specialized
Hospital



Will insurance pay for the evaluation?

A representative from our insurance team will review your benefit coverage prior to your scheduled appointment. Please respond to communications (email, phone calls, text messaging) you may receive from the hospital as it may be our insurance department reaching out to discuss benefits.

You are responsible for understanding your insurance benefit and are strongly encouraged to contact your insurance company directly for any exclusions, visit limits or out of pocket responsibility. If you have questions about insurance coverage, please contact our **Insurance Team** at **(908) 741-4399** for English or **(908) 741-4424** for Spanish.

How do I access the patient portal?

MyChart is the patient portal. You may already have access if you or your child has received care at any RWJBH facility. If not, it is recommended that you create an account prior to your visit. Please note, the parent or caregiver must create their own account first, during registration our representatives will explain how to access the portal on behalf of your child.

If you already have access to MyChart for your child, you will receive reminders starting three days prior to your appointment. Once you receive the reminder, we encourage you to complete the e-CheckIn. This will expedite registration once you arrive on site.

[Click Here](#) or Scan the code to access MyChart

