

COMMON REASONS CHILDREN WON'T EAT **(Aversive Conditioning)**

I. Pain

1. GER
2. vomiting
3. retching/gagging
4. esophagitis/sore throat
5. strictures
6. acute illness (e.g. Otitis)
7. other GI/stomach pain (e.g. colitis)
8. respiratory disease
9. infectious conditions
10. multiple medical procedures

II. Malaise/Discomfort

1. nausea
2. allergies
3. cardiac condition
4. fatigue
5. constipation
6. nervous system over arousal
7. stomach distension
8. congestion
9. renal conditions

III. Immature Motor, Oral-Motor and/or Swallow Skills

1. choking
2. aspiration
3. cannot breathe + eat
4. poor oral strength
5. overstuffing
6. immature chew and/or tongue coordination
7. oral processing problems
8. balance problems/instability
9. poor hand-to-mouth coordination

IV. Sensory Processing Problems

1. modulation problems; under or over reactive
 - a. visual, tactile, taste, sound, smell
2. modulation problems; seeking or under aroused
3. sensory based movement problems; balance, proprioception
4. interoception problems (lack of responsiveness to internal hunger cues)
5. discrimination problems

V. Learning/Behavioral

1. impaired learning capacity
2. cognitive delays
3. information processing problems
4. being in the midst of a developmental shift in cognition
5. being in the midst of a developmental independence stage

VI. Nutritional

1. calorie deficient
2. metabolic disorder
3. absorption disorder
4. inadequate macro-nutrient ratios and/or composition
5. inadequate micro-nutrients

<p style="text-align: center;"><u>ADDITIONAL INFLUENCING FACTORS</u> <u>(Reasons Children Won't Eat)</u></p>
--

1. Child Factors

1. difficult temperament
2. anxious and/or fearful
3. low affect
4. highly distractible
5. hyperactive
6. developmental age

11. Parent Factors

1. no positive reinforcement
2. no modeling of appropriate eating behaviors
3. model poor eating behaviors and/or personal dislikes
4. restricts diet due to fears of child getting fat
5. focuses primarily on weight gain vs. interaction
6. extreme fears about lack of weight gain
7. inappropriate developmental expectations
8. does not set clear limits on child because of fears and/or guilt about medical or emotional fragility of the child
9. punishes child at meals
10. non-contingent parenting
11. coerces child
12. tricks child
13. distracts child with non-relevant conversation or activities
14. repeatedly interrupts child with questions/instructions
15. inconsistent parenting
16. lack of education regarding best nutrition choices for their child based on their child's skill level

III. Environmental Factors

1. lack of exposure to a variety of food
2. allowed to graze all day
3. no feeding schedule, or inappropriate schedule for age or skill level
4. no exposure to a "normal" meal routine
5. lack of structure to meals
6. chaotic/distracting/ disorganized household
7. toys/television/games during meals
8. seating arrangement at table which is not appropriately posturally supportive
9. lack of cues regarding "it's now time to eat" (e.g. placemats, a table)
10. lack of food availability