

*Thank you for choosing Carolina Pediatric Dysphagia (CPD) to evaluate your child's feeding and swallowing skills. We understand how scary and stressful it is to have a child who is having difficulty feeding.*

## Who is CPD?

We are master level and ASHA certified speech pathologists that specialize in pediatric dysphagia (feeding and swallowing disorders) and are dedicated to providing education to the community via our website [www.feeding.com](http://www.feeding.com).

We believe that feeding your child should always be enjoyable and never stressful. You should not have to worry if your child is consuming enough food or liquids to support growth and development. Your child should not choke, cough, gag, vomit or refuse to feed. You should never feel the need to force, trick or bribe your child to eat.

We are here to help you and your child. At CPD, we provide thorough evaluations by assessing oral sensori-motor skills for feeding and swallowing while identifying other potentially interfering factors. We work closely with your child's pediatrician and members of your child's medical team. The earlier feeding and swallowing problems are addressed, the faster and easier they may be resolved.

## Evaluation

Your child's evaluation will be administered by one of our speech pathologists. Each therapist has a background in pediatric dysphagia and is experienced in a wide range of feeding and swallowing problems. Please arrive at least 10-15 minutes early so we can be sure all paperwork is completed. THIS IS VERY IMPORTANT. Your evaluation may take between 45 min to 1 ½ hours depending on your child's needs.

**Please complete the Patient Questionnaire and all other paperwork that was emailed/mailed to you and bring it with you.** Your therapist will ask detailed questions regarding the information provided in the Patient Questionnaire in order to identify underlying complications which may be limiting or interfering with your child's feeding and swallowing skills.

**It is important to bring your child hungry and to bring a variety of foods and drinks that your child likes, as well as foods that have been difficult to introduce. Bringing your child hungry will help the therapist obtain the most accurate picture of feeding skills and behaviors. We will observe your child's oral motor skills while eating and drinking and during a variety of age appropriate activities.**

At the end of the evaluation we will discuss with you our recommendations. Because we work as a team, our recommendations are also discussed with the referring physician and any other member of your medical team as indicated on the release of information form. Recommendations may include oral sensori-motor feeding therapy, referrals to other specialists, reflux management, formula/diet changes and/or a modified barium swallow study.

\*\*\*\*\*

## Parent Commitment

\*\*\*\*\*

**Success is assured if we are mutually committed. We assure our commitment by being prepared, positive and enthusiastic as we work with your child in this process. All we ask is your assurance that you are committed to regular and consistent attendance ensure your child is doing any home therapy that may be recommended and be prepared for the next therapy session. If you miss a session for any reason, we ask that you make a genuine attempt to reschedule this session.**

## Modified Barium Swallow Study

A Modified Barium Swallow Study (MBS) is a videotaped x-ray evaluation of your child's oral (mouth) and pharyngeal (throat) mechanism during eating and drinking that provides information about ways to safely feed your child. We usually complete these specialized evaluations in the Radiology Department at WakeMed with a pediatric radiologist.

## Oral Sensori-motor Feeding Therapy

Results of your child's evaluation may indicate the need for therapy. Therapy sessions are typically held one to two times per week and last 30 - 45 minutes. Most parents want to know "how long will therapy be needed?" This question is difficult

to answer because progress depends on the child, the child's age, medical diagnosis, severity of the problem and very importantly, **child and family involvement**.

**The long-term goal for all children is to establish efficient oral sensori-motor feeding abilities for safe feeding and swallowing, which support growth and nutrition. During therapy sessions, we engage your child in activities to stimulate the oral motor skills he/she needs to be a successful feeder, provide opportunities for you to practice these activities with your child so that you are successful in completing these activities with your child at home. Time is spent each week to discuss progress and to address any of your specific concerns. We can't do it alone. In order to be successful, we need your help to complete activities at home. The more time you spend on your home program activities, the faster you will see progress. We believe that this team effort will be the most beneficial for you and your child.**