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Women & Children's Directorate
Royal Hospital for Children



Feeding Clinic



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What is the Feeding Clinic?

Some children and young people have feeding difficulties that are best helped by a team. The feeding clinic is for them and their families and aims to improve feeding behaviour, cut down on need for tube feeding or food supplements and to stop you worrying so much about feeding issues.

Who will see you at the Feeding clinic?

At the clinic, you will see a paediatrician, a dietitian and a clinical psychologist.

What should you bring to the Clinic?

- Fill in the enclosed questionnaire and food diary for 3 days (there are instructions in the diary).
- Parent held child record (red book) so that we can see your child's pattern of weight gain and growth.
- A list of medications and supplements your child is taking.
- A list of questions that you want to ask the feeding team.

What will happen at the clinic?

- When you arrive at outpatients, a nurse will take your child's height and weight.
- When we see you in the clinic, you will meet each member of the team who will ask you a range of questions.

Paediatrician	Dietitian	Clinical Psychologist
will ask about your child's medical history including their development	will ask about your child's diet, including any supplements or tube feeds will ask about your child's behaviour at meal times and how this is managed	will ask about your child's behaviour at meal times and how this is managed

A paediatrician will carry out a brief physical examination of your child and you will have a chance to ask questions.

The team will ask you to return to the waiting area while they take a few minutes to discuss what they have heard. The team will discuss with you their suggestions for what should happen next and make a plan with you.

What will happen after the clinic?

After the clinic, we may:

- Arrange to video a meal at home. This lets us see exactly what happens during a mealtime, your child's behaviour, your behaviour, the setting etc. We can then make specific recommendations for you and your child.
- Arrange another appointment at clinic to provide feedback and support.
- Decide that you do not need to be seen again at the clinic because you are already being seen by appropriate services or do not require a team approach.
- We will send a letter to those involved in your child's care to let them know the outcome of the assessment.

What do I do if I cannot attend the clinic appointment?

Please contact the clinic's secretary on 0141 451 6553 if you are unable to attend and we will send out another appointment.

Please give as much notice as you can, so that we can give the appointment to another child.

