

Departments of nutrition and dietetics, speech and language therapy and clinical psychology

Your appointment at the feeding clinic

Information for parents

Introducing the feeding clinic team

We meet with you as a team to think about your child's mealtimes. We think about feeding in relation to growth, nutrition, how children learn the skills needed to feed themselves and how families enjoy mealtimes together.

The **clinical psychologist** will discuss your concerns about mealtimes with your baby/child, your child's general development and wellbeing, what is going well and areas where you would like change.

The **speech and language therapist** will assess your child's eating and drinking skills (including movements of their tongue and lips), ask questions about swallowing and think about communication at mealtimes.

The **paediatric dietitian** will look at your child's growth and discuss their nutritional requirements and what they are currently eating.

As a team, we will think about your child's development of feeding and other skills. We will share ideas on how to make changes necessary to support your child's growth, learning and your family's enjoyment of mealtimes.

Our contact details: Imperial.MDTFeedingClinic@nhs.net Telephone: **020 3313 2472**

What should I bring with me?

- Your child's personal health record
- Food and a drink so we can observe your child eating
- The completed food diary (enclosed)

About your appointment

- The first appointment usually lasts about 90 minutes
- We will give you a brief questionnaire to fill out while you are waiting and your child will have their height and weight measured

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- We will begin by discussing what you understand about your child's difficulties and ask some specific questions to help us in our assessments
 - We will observe your child having a drink and a snack
 - After a short discussion, we will share our ideas with you and agree on a plan together
 - We will invite you to a follow-up meeting to monitor progress of the plan as needed

All conversations in the feeding clinic are confidential and information gathered will be kept as part of your child's health record. If we are concerned about the safety of yourself, your child or someone outside the appointment, we have a duty to share information with the relevant agencies. If this is necessary, we will discuss it with you first.

Contact details (if you are delayed or need to cancel on the day)

Children's outpatient department
Hammersmith Hospital
Du Cane Road, London, W12 0HS

Tel: **020 3313 4727**

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY
Email: ICHC-tr.Complaints@nhs.net
Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information, visit our website: www.imperial.nhs.uk

Four-day dietary record for babies and children

Name	
Address	
Date	

Please fill in and bring with you on the day of your appointment	Feeding clinic, children's outpatients, Hammersmith Hospital, Du Cane Road, London W12 0HS Telephone: 020 3313 2472 (psychology team member)
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Completing the four-day diary

Please could you measure as accurately as possible **everything** your child has to eat and drink for four days out of a week.

Please record **all** food and drink, including meals, snacks, sauces, dressings, gravies etc.

If food is not taken at a particular meal, please draw a line across the page.

Guidelines for describing food and drink

1. Give method of cooking e.g. grilled, boiled, roasted, fried etc.
2. State brand names where possible.
3. Use household measures e.g. teaspoons, dessertspoons or tablespoons - say whether they are level, rounded or heaped. If a whole jar or packet is used, please write down the weight written on the side of the container.
4. When describing slices of food, please say if they are thick or thin.
5. If your child is taking infant formula (baby milk), please say when it is added to food and when it is drunk.

Day 1: Date:.....

Meal/snack	Details of food and drink	Quantity eaten	Leave blank
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening meal			
Bedtime			
Night-time			

Day 2:..... Date:.....

Meal/snack	Details of food and drink	Quantity eaten	Leave blank
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening meal			
Bedtime			
Night-time			

Day 3:.....Date:

Meal/snack	Details of food and drink	Quantity eaten	Leave blank
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening meal			
Bedtime			
Night-time			

Day 4:..... Date:

Meal/snack	Details of food and drink	Quantity eaten	Leave blank
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening meal			
Bedtime			
Night-time			