

Fed Up with Feeding Problems?

September 25, 2017 / [Articles](#)

Is your child a picky eater? 'Fussy' eating can be a normal phase in a 2-5 year old's development and may begin at a younger age. Other parents may tell you that "he'll grow out of it", and this is true for many children. However, it's important to **be aware of why a child has become selective about what they eat** because there may be underlying medical issues or physiological reasons (ie. certain body systems aren't functioning properly).



<http://torontopubliclibrary.typepad.com/.a/6a00e5509ea6a18834019103db4cf4970c-800wi>

Possible reasons for picky eating include:

- Pain or increased sensitivity in the mouth or throat due to:
 - Dental problems, eg. untreated cavities
 - Swollen tonsils or adenoids
- Structural abnormalities in the mouth, eg. tongue tie, crowded/missing/blocked teeth, misaligned jaw
- Poor oral motor skills, ie. awareness, strength, coordination, movement and endurance of the lips, cheeks, tongue and jaw
- Poor muscle tone and/or control
- Reflux
- Sensory processing problems
- Learned behaviours
- Autism and anxiety disorder



https://assets.babycenter.com/ims/2012/10/stk_babyspath_BPH128_wide.jpg?width=600

If you have any concerns about your infant or child's feeding or eating, seek advice from a [speech pathologist](#) who specialises in paediatric feeding difficulties. [Tiahn Holloway](#) at [Box Hill Speech Pathology Clinic](#) is an expert in assessing and managing these children.



<https://www.verywell.com/how-to-help-picky-eaters-2505938>

These articles contain **excellent tips** from a speech pathologist, nutritionist and others on helping kids with feeding difficulties:

How to Avoid Power Struggles With Kids Who Are Picky Eaters

<https://www.verywell.com/help-with-picky-eaters-1094954>

How To Deal With Picky Eaters

https://www.thebump.com/a/picky-eaters?utm_source=facebook&utm_medium=brandpost

5 Expert tips for feeding your picky eaters

<http://blog.orgain.com/5-expert-tips-feeding-picky-eaters/>

Ways To Help Picky Eaters

<https://www.verywell.com/how-to-help-picky-eaters-2505938>

How to Help Kids Develop a Healthy Attitude Toward Food

<https://www.verywell.com/healthy-food-household-rules-1094875>

Does Your Baby or Young Child Gag While Eating Solid Foods?

<https://www.verywell.com/babies-and-children-who-gag-when-eating-solid-food-1323970>

How to Help Children with Texture Aversions to Food: Learn When to Talk to Your Pediatrician About ‘Picky Eating’

<https://www.verywell.com/how-to-help-children-with-texture-aversions-to-food-1323972>



<https://www.verywell.com/healthy-food-household-rules-1094875>

If your son or daughter avoids certain flavours, smells or textures, appears to have trouble chewing or swallowing, or gags on certain foods, call **9899 5494** today to book an appointment with Tiahn.

By Nicola Anglin (Speech Pathologist)

Additional Reference

Three Structures in a Child's Mouth That Can Cause Picky Eating

<http://blog.asha.org/2017/08/22/three-structures-in-a-childs-mouth-that-can-cause-picky-eating/>