

RDs in Practice/ Children's Hospital of Orange (CHOC)
"Insight to challenges and strategies of food refusal with Autism"

1. Common feeding challenges seen in children with Autism.

- What will you see and hear? From parent? From child?
- GI issues, sensory processing disorders and/or motor challenges lead to selective diets
 - Cermak SA, Curtin C, Bandini LG. Food selectivity and sensory selectivity in children with autism spectrum disorders. *J Am Diet Assoc.* 2010;110(2):238-246.
 - Hubbard KL, Anderson SE, Curtin C, Must A, Bandini LG. A comparison of food refusal related to characteristics of food in children with autism spectrum disorder and typically developing children. *JAND* 2014; 114(12):1981-7. Epub 2014 Jun 11.
 - Maenner MJ, Arneson CL, Levy SE, Kirby RS, Nicholas JS, Durkin MS. Brief report: Association between behavioral features and gastrointestinal problems among children with autism spectrum disorder. *J Autism Dev Disord.* 2012;42(7):1520–1525.
- Impact on the family
 - Ausderau K, Juarez M. The impact of autism spectrum disorders and eating challenges on family mealtimes. *ICAN: Infant Child Adolesc Nut.* 2013;5:315-323.

2. Strategies for expanding food repertoire and increasing pleasant and shared mealtimes

- "Although specialist feeding clinics attempt to address a very clear need for expert help and support on the part of families and patients, few data have been published to establish the effectiveness of the interventions offered" - Puntis, *Arch Dis Child.* 2008 Feb;93(2):164-7.
 - Phalen JA. Managing feeding problems and feeding disorders. *Pediatr Rev.* 2013 Dec;34(12):549-57
 - Mari-Bauset S, Zazpe I, Mari-Sanchis A, Llopis-González A, Morales-Suárez-Varela M. Food selectivity in autism spectrum disorders: a systematic review. *J Child Neurol.* 2014 Nov;29(11):1554-61. Epub 2013 Oct 4.
 - Kerzner B, Milano K, MacLean WC Jr, Berall G, Stuart S, Chatoor I. A practical approach to classifying and managing feeding difficulties. *Pediatrics.* 2015 Feb; 135(2):344-53. Epub 2015 Jan 5
 - Sharp WG, Berry RC, McCracken C, Nuhu NN, Marvel E, Saulnier CA, Klin A, Jones W, Jaquess DL. Feeding problems and nutrient intake in children with autism spectrum disorders: A meta-analysis and comprehensive review of the literature. *J Autism Dev Disord.* 2013;43(9):2159-2173
- Common treatment strategies
 - Kay Toomey, psychologist; SOS- Food Hierarchy Approach of gradual and graded exposure to food
 - Cheryl Fraker, speech therapist: Food Chaining- linking foods with similar characteristics
 - Behavioral therapy

3. Collaboration with other treatment providers.

- Who are your team members? Where are your team members? How can you maintain consistent message and approach?
 - Common team members: Occupational therapist (feeding, sensory), Speech Language Pathologist (primary feeding, communication), mental health- psychologist or clinical social worker, dietitian, teacher, parent.
- Silverman AH. (2010) Interdisciplinary care for feeding problems in children. *Nutrition in clinical Practice.* *Nutr Clin Pract* 25 (2): 160-165

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