

CF Guidelines - Feeding Difficulties

Management of Childhood Eating Difficulties:

Meal times and feeding in children with CF can prove challenging for both families and professionals involved. Clinical appointments can be stressful when there is concern about weight loss or poor nutritional intake. Feeding behavioural problems are composed of a combination of disruptive behaviour by the child and inappropriate responses by parents or carer.

The following tips can be given to help minimise difficulties:

- Encourage family approach to meal times, sitting down at the meal table together so that meals are a social event.
- Avoid distractions - eg. having the television on.
- Present food in an attractive child friendly manner.
- Ignore negative behaviour and praise the positive.
- Never offer an alternative if the food offered is refused.
- Limit meal times to 30 minutes, remove food without comment and offer next snack/meal at the normal time.
- Everyone involved in the child's care should offer a consistent approach.

It is important to offer support with feeding difficulties earlier rather than later when they can become very in ground and the family should be offered a chance to see the Psychologist if there is concern. The Psychologist and Dietician should work closely together to support the family.

References:

- 1, Nutritional management of Cystic Fibrosis, CF Trust 2002.
- 2, Clinical Guidelines for the Care of Children with Cystic Fibrosis: Royal Brompton & Harefield NHS Trust 2007.
- 3, Cystic Fibrosis in Children and Adults: The Leeds Method of Management 2008.

Document approved - December 2011
Document due for review - December 2013

Acknowledgements: *The Peninsula CF team acknowledges the use of guidelines produced by The CF Trust, Manchester, Papworth, Leeds and Brompton CF teams during development of these local Peninsula protocols and guidelines.*