

Picky Eaters

When to worry...

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Red Flags

- Developmental delay across any domain, or regression at any age
 - Consider lack of eye contact or interest
- Signs or history of child abuse, neglect or domestic violence
- Acute onset of eating habit changes
 - Particularly if combined with other behavioural change
- Weight crossing centiles, or poor growth
- Significant carer mental health issues
- Change in bowel habits or poo
- Recurrent episodes of vomiting and/ or diarrhoea
- Lethargy
- Self harming behaviours or aggression
- Family history of GIT disorders, diabetes or autoimmune disorders

Potential medical causes

- Constipation
- Coeliac disease
- Eosinophilic oesophagitis
- Food protein-induced enteropathy (milk & soy common triggers)
- GORD
- Cerebral palsy
- Absence seizures
- Hypothyroidism
- Inflammatory bowel disease
- Developmental delay - ?diagnosis

Should I investigate or refer?

- Depends on the concerns raised...
- Avoid ordering tests unless you have a specific diagnosis in mind, and if it is likely to change your management!
- May require advice or assessments from:
 - Immunology
 - Gastroenterologist
 - General paediatrician
 - Occupational therapist
 - Speech pathologist
 - Dietitian
- Consider NDIS referral if concerns about developmental delay or significant behavioural issues (under 7yrs)

Finally

Don't ignore or dismiss
parental concerns!!!



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