**Common “RED FLAGS” and signs/symptoms of   
feeding and swallowing disorders in children:**

* difficulty breast feeding or latching onto bottle nipple
* arching or stiffening of the body during feeding
* irritability or lack of alertness during feeding
* coughing, gagging, or choking during meals
* excessive drooling or food/liquid coming out of the mouth or nose
* difficulty coordinating breathing with eating and drinking
* increased congestion or “stuffiness” during and/or after meals
* gurgly, hoarse, or breathy voice quality
* frequent spitting up or vomiting
* refusing food or liquid
* difficulty transitioning from breast/bottle to a cup by 16 months of age
* difficulty accepting any solid table foods by 12 months of age
* difficulty transitioning from purees to table foods by 16 months of age
* difficulty accepting and/or avoidance of specific textures (e.g., only eats pureed or crunchy foods) or food group (e.g., only eats fruits )
* accepts only a limited number of food items/groups
* “loses” a food he/she previously accepted without replacing those foods with new foods
* described as a “picky eater”
* long feeding times (e.g., more than 30 minutes)
* frequent tantrums or meltdowns associated with mealtimes
* difficulty chewing
* recurring pneumonia or respiratory infections
* less than normal weight gain or growth
* weight loss

*The information provided above was adapted from materials taken from ASHA.org*  
http://www.asha.org/public/speech/swallowing/Feeding-and-Swallowing-Disorders-in-Children/#sings\_of\_f\_and\_s\_dis