Feeding Challenges in Children with 22q; Infancy and Beyond

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Objectives

- Review the Suck, Swallow Breathe Function
- Review what is important for chewing
- Feeding Milestones
- How clefts, low tone, cardiac conditions and other anomalies can affect feeding
- Red flags to look for during feeding as your child grows and what you can do!
Eating is thought to be an easy process that the majority of people like to do. So why is it so challenging for some parents to feed their children? Why are there some children that can’t/won’t eat food by mouth?
We are laying the foundation for feeding......

First 4-6 weeks of life feeding is an instinct
After that time it is learned
Acquisition of Feeding Skills

- 0-6 months
- 6-12 months
- 12-24 months
Suck Swallow Breathe Sequence

Impact of Sucking on Swallowing
1. Sucking liquid triggers swallowing.
2. Sucking rate, size and speed of bolus affect frequency and timing of swallow.

Impact of Swallowing on Breathing
1. As a protective mechanism, respiration is suppressed during swallowing.
2. These frequent respiratory suppressions during NS Lead to decreased RR and depth of respiration.

Impact of Breathing on Sucking
1. Sensitivity to decreased arterial oxygen saturation hypothesized to trigger change from continuous to intermittent sucking.
2. Abnormal respiratory function results in abnormal sucking patterns to minimize respiratory compromise.
3. Sucking rhythm may influence the respiratory rate and pattern.

Sucking
Spoon Feeding
Chewing
Things That Can Make Feeding Challenging............
Cleft Palate

Baby with cleft palate

Cleft palate
Low Tone
Cardiac and Respiratory Issues
Feeding Tubes

Naso-gastric & naso-jejunal

Gastrostomy

Gastrostomy & Naso-jejunal

Gastro-jejunostomy
Red Flag with Feeding (Infants)

- Increased oral loss
- Increased noise with suck
- Poor latch to the nipple
- Increased feeding time >30 min
- Stress signs (splaying of fingers, wide eyes, pulling away, tachycardia)
- Increased respiratory infections
Red Flags with Feeding (Older Children)

- Increased meal times >20-30
- Meal times are a struggle/not enjoyable
- Your child needs distractions during meal times
- Limited food variety <10 starches, <10 proteins, <10 fruits/veggies
- Increased respiratory infections
So What Can You Do?????

- Contact your Pediatrician
- Get a referral to a Pediatric Feeding Team or Feeding Therapist