

# Children's Developmental Feeding Clinic

Children's Neurosciences  
Centre

## **What is the Children's Developmental Feeding Clinic?**

The clinic is for children with one or more of the following problems:

- poor growth and weight gain
- difficulties in developing chewing skills
- difficulties eating a range of foods
- difficulties in drinking from a cup
- vomiting and reflux
- food refusal.

Many, but not all, children will have a medical condition or disability that affects feeding.

## **When are the appointments?**

The clinic is held on Mondays. Appointments can last up to 60 minutes.

## **Who will be there?**

A clinical specialist speech and language therapist, and a clinical specialist paediatric dietitian.

## **Who can use the service?**

Children are referred to the clinic by a paediatrician or a medical consultant at Evelina London Children's Hospital.

## **Where do I need to go?**

Children's Neurosciences Centre  
Lift/Stairs B, South Wing  
St Thomas' Hospital

## What do I need to bring with me?

- A list of everything your child eats over a three day period, if appropriate (diary sheet enclosed).
- A parent-held record (red book) if your child is of preschool age.
- A packed lunch/snack for your child – with any special spoons, cups etc your child uses. A microwave and kettle are available in the clinic room.

## What happens in the clinic?

A nurse will weigh and measure your child, before you see the team. You will have the opportunity to discuss the following:

- any concerns you have about your child's eating and drinking
- medical history
- feeding history
- current eating/drinking patterns
- what has and hasn't worked
- what you want your child to achieve.

The team will usually watch your child having something to eat and drink. The speech and language therapist may examine your child's mouth and listen to your child swallow using a stethoscope. The possible treatment options for helping to manage your child's eating and drinking will be discussed with you, and your child will be invited to contribute in this discussion if appropriate.

There will be toys available for your child to play with.

## What will happen after the assessment?

A written summary of the history, findings, discussion and advice will be sent to you, the referrer and any local professionals who are involved in your child's care.

Further medical tests may be arranged for a later date. Follow-up appointments may be arranged, if appropriate.

Notes on bringing food to the clinic:

- all food should be brought in clean sealed containers
- foods prepared at home should be no more than 24 hours old
- all food that is required to be kept cold should be kept in the refrigerator until the last minute before travelling to the hospital
- it is preferable to transport any high risk foods, such as those containing meat, fish, poultry, dairy products, or rice, in an insulated cool bag together with an ice block.

Guy's and St Thomas' cannot accept responsibility for the safety of foodstuffs brought in from outside the hospitals.

## Useful sources of information

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815

**e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

**w:** [www.nhs.uk](http://www.nhs.uk)

## Contact us

If you have any questions or concerns about the children's feeding clinics, please contact the clinical specialist speech and language therapist,

**t:** 020 7188 7188, ext 58092, Monday to Friday, 9am-5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit

**w:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003, Monday to Friday, 10am-5pm

**e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)

**e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

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A list of sources is available on request