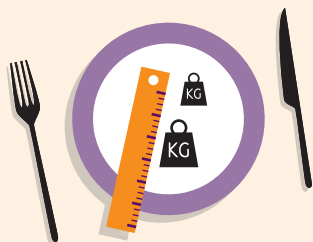


EATING FOR CHILDREN WITH CEREBRAL PALSY

DECREASED MUSCLE CONTROL



FROM THE BRAIN



HEALTHY GROWTH



MORE ENERGY



BRAIN DEVELOPMENT



STRONG MUSCLES & BONES

Optimal nutrition is important for general health and development of children. Mealtimes skills may be difficult for some children with cerebral palsy. They might have difficulty chewing effectively or swallowing safely. On this poster we identify common problems and provide some tips for mealtimes.



COMMON CHALLENGES FOR CHILDREN WITH CEREBRAL PALSY



UP TO 99%

HAVE DIFFICULTY SWALLOWING



UP TO 74%

EXPERIENCE CONSTIPATION



UP TO 32%

HAVE REFLUX



UP TO 28%

HAVE LONG MEALTIMES



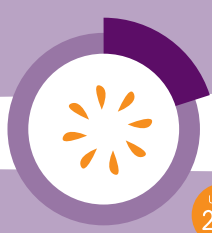
UP TO 69%

HAVE DIFFICULTY CHEWING



UP TO 58%

EXPERIENCE DROOLING



UP TO 20%

EXPERIENCE STRESS DURING MEALTIMES

THIS CAN LEAD TO CHILDREN BEING UNDERWEIGHT



SAFETY AND EFFICIENCY OF EATING AND DRINKING

The Eating and Drinking Ability Classification System (EDACS) describes five distinct levels of ability using the key features of safety and efficiency.

The diagram illustrates five levels of eating and drinking ability, each with a corresponding illustration of a person at a table and a set of icons below:

- Level I:** Eats and drinks safely and efficiently. Illustration shows a person eating calmly. Icon: a plate with a fork and knife.
- Level II:** Eats and drinks safely but with some limitations to efficiency. Illustration shows a person eating with some difficulty. Icon: a fork and a plate.
- Level III:** Eats and drinks with some limitations to safety; this can also limit efficiency. Illustration shows a person eating with a warning sign above their head. Icon: a plate with a fork and knife, and a glass.
- Level IV:** Eats and drinks with significant limitations to safety. Illustration shows a person eating with a warning sign above their head and food spilling. Icon: a bowl of soup.
- Level V:** Unable to eat or drink safely – tube feeding may be considered to provide nutrition. Illustration shows a person with a feeding tube. Icon: a glass with a tube.

TIPS FROM PARENTS TO PARENTS

Use a **CHEWING BAG*** for taste when eating is not safe

ENCOURAGE your child to take small bites and chew carefully

Consult a dietician if **SUPPLEMENTARY FEEDING** is required

Pay attention to the child's **POSTURE** in their chair: consult an occupational therapist for advice if you're unsure

Consult a **SPEECH PATHOLOGIST** or **DOCTOR** if your child experiences difficulties with chewing or swallowing

Try to make eating **FUN**

Involve your child in **PREPARING** the meal

*Chewing bags aren't used in all countries

Not all tips are applicable to all children. If you have questions please consult with a health care professional.

WANT TO KNOW MORE?

If you need specific advice, please contact a health care professional.