

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



HAVE DIFFICULTY
SWALLOWING

UP TO
99%



EXPERIENCE
CONSTIPATION

UP TO
74%



HAVE
REFLUX

UP TO
32%



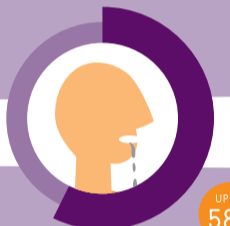
HAVE LONG
MEALTIMES

UP TO
28%



HAVE DIFFICULTY
CHEWING

UP TO
69%



EXPERIENCE
DROOLING

UP TO
58%



EXPERIENCE
STRESS
DURING MEALTIMES

UP TO
20%

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.



I

Eats and
drinks safely
and efficiently



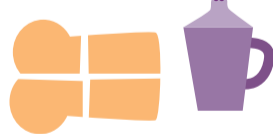
II

Eats and drinks safely
but with some
limitations to efficiency



III

Eats and drinks
with some
limitations to safety;
this can also limit
efficiency



IV

Eats and drinks
with significant
limitations to
safety



V

Unable to eat or drink
safely – tube feeding
may be considered to
provide nutrition



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. For more information and to download this poster go to:
cerebralpalsy.org.au