

the Learning Fountain, Inc.

SWALLOWING AND FEEDING EVALUATION INSTRUCTIONS

Your child has been scheduled for a swallowing and feeding evaluation. Please plan on arriving on time and being at our clinic between one and two hours.

You will need to bring the following items to this appointment:

1. A selection of foods from all 4 major food groups
Bread and cereals Dairy Protein Fruits and Vegetables
2. 2 beverages, a like and a dislike, such as milk and water
3. Bring your completed 3 Day Diet and Food Repertoire forms

Please bring foods that are liked and well tolerated **as well as** foods that are disliked. When making your selections please consider a variety of textures including puree.

FOOD ALLERGY ALERT: The Learning Fountain takes precautions against food related allergies. We take this very seriously as some of our patients are allergic to peanut and tree nut related foods, such as peanut butter, almonds, almond milk, granola bars, etc. An allergic reaction can be life threatening!

We ask that you adhere to the following protocols:

1. **DO NOT bring any nut related items to the clinic unless directed to do so by your child's therapist.**
 - a. Traces of foods that contain nuts may remain on your hands, clothing and mouth for up to 4 hours after preparation and consumption. Please avoid these food items on the day of your child's evaluation.

At the end of the evaluation, treatment may be recommended. If so, you will be instructed on what to bring to your therapy appointments.

If you have questions regarding these instructions please call 925.264.9810 for assistance.



...where therapy is fun & children are nurtured to grow & blossom...