**Guide to Dietetic Referral and Input to Support the Child with Selective Eating**

The following information explains the advice and support available to children and families and the referral pathways to Dietetic Services if appropriate.

First line support and assessment for children who do not have evidence of high nutritional risk should be accessed through primary care and universal services with continued monitoring by their health professional. Please consider ‘over the counter’ multivitamin and mineral supplementation. Many children manage to grow appropriately on a restrictive diet but require support and advice for parents to help address the child’s eating at home where it is often most restrictive. The additional information sheet can be given to parents seeking advice in clinic.

Dietetic Services in Cornwall are limited to secondary specialised level. There is no commissioned service to provide feeding therapy to selective eaters. Please ensure referrals are made according to service criteria and follow the referral pathway.

**Dietetic Referrals Pathway**

To proceed through the pathway you will need the following information to assess the child’s level of nutritional risk and triage to the appropriate support:

* Historic and current growth data for the child
* History of how many foods are currently still taken
* Any documented risk or occurrence of nutrient deficiency (i.e. blood tests)

0 – 6 years

Diagnosed neuro-disability

No Diagnosed neuro-disability

Overweight/Obese

Overweight/Obese

Child with significant food restriction (10 or less food items) with anxiety and/or sensory issues around food and risk of malnutrition (macro/micro-nutrient)

Diagnosed nutritional deficiencies and / or growth faltering

Not Overweight/Obese

Weight Management Pathway

CCTS Dietitian for Disabled Children

[rch-tr.ChildrensCommunityTherapy@nhs.net](mailto:rch-tr.ChildrensCommunityTherapy@nhs.net)

No

Yes

7 +

years

RCHT Therapies: Paediatric Dietetic Outpatient Services

[Please](mailto:Rcht.dietletters@nhs.net) refer via RMS or maxims internal referrals

* Nutritional Assessment
* Nutritional supplementation
* Diet sheet (standard)

**No feeding therapy**

Universal Services

* Primary care

**No feeding therapy**

Nutritional deficiency and / or faltering growth

No growth concerns

No

LEAF criteria met

Healthy Cornwall Team [www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)

Yes

* Screening Pathway
* Food intake assessment and written advice

**No feeding therapy**

General healthy lifestyle advice only

**No feeding therapy**

[LEAF.programme@nhs.net](mailto:LEAF.programme@nhs.net)

* Dietitian assessment

**Limited feeding therapy**

* Dietitian assessment
* Nutritional Supplement action

**Limited feeding therapy**