



How Do I Know If My Adolescent Would Benefit From The FOCUS Program?

Your adolescent should be considered for the FOCUS Program if 3 or more of the following apply to their current eating and mealtime status.

- 1. Limited repertoire of foods are eaten on a regular basis
- 2. Inadequate nutrition and/or intake for growth
- 3. Gagging and/or choking on foods
- 4. Limited ability to chew or swallow foods
- 5. Difficulty being near less familiar foods (i.e. food being prepared, on table)
- 6. Difficulty eating foods of varying flavors, textures, and smells
- 7. Is highly specific about foods they will eat – for example, needing a food prepared a certain way or only accepting a certain brand of a food
- 8. Difficulty using a straw, utensil, and/or cup
- 9. Resistive or avoidant behaviors and/or tantrums related to eating
- 10. Fatigues with eating (i.e. requires breaks, eats very small portions)
- 11. The pace of eating is too fast or too slow
- 12. Has sloppy eating habits
- 13. Has a tendency to overstuff mouth with food when eating
- 14. Unable to sit at the table with the family during mealtime
- 15. Difficulty eating in different environments or with different people (i.e. restaurants, school)
- 16. Your adolescent and/or other family members experience heightened levels of stress around mealtime
- 17. Your adolescent exhibits challenges during mealtime that impact their enjoyment of mealtime
- 18. Your adolescent exhibits challenges during mealtime that impact the enjoyment of mealtime for other family members