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Dear Parent:

Having a child who does not eat well is a stressful, frustrating, confusing and at times, medically concerning problem. We at EBS Children's Therapy understand how complex feeding difficulties can be. For TeleHealth Feeding Evaluations, it is our goal to provide a comprehensive and interdisciplinary evaluation right from your home to help your child thrive with meal times.

In order to help us prepare for your child's evaluation, we would like you to carefully read over the following information and to complete the enclosed forms. Please make sure that you complete and return EACH of these documents:

- Referral for Feeding Therapy from Pediatrician
- 3-Day Diet History
- Release/Obtain Information Form
- Cancellation, Illness, and HIPAA Policies
- Photograph/Video Permission Form
- Informed Consent
- Financial Policy
- Copy of Insurance Card
- Talking to Insurance Company (Keep for your records)

Here is an overview of a TeleHealth Feeding Evaluation and what to expect.

The week of the TeleHealth Feeding Evaluation, look for an email invitation to Google Meet with the video conferencing room link set for the time of the evaluation. If you haven't received it by the day before the evaluation, email Sarah Moreau at sarah.moreau@ebschildrenstherapy.com. Please check your spam mailbox for the email, as well.

The evaluation will be broken up into 3 portions:

- 1.) Parent Interview. During this portion, we will be asking a few questions that may not have been answered through the previous consultation call or paperwork.
- 2.) Family Meal. We will be asking your child to eat some preferred foods and drink from a cup. We will also look at reactions to non-preferred food(s).
- 3.) Gross Motor Assessment. We will be asking your child to perform gross motor exercises that will be modeled through video, with instructions provided on how to help your child complete the task.



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For the Family Meal portion, we would like you to have:

- 2–3 different textures of food that your child will most likely eat
 - If your child uses utensils, choose at least 1 food that requires utensils
- 1 drink from a preferred cup
- At least 1–2 food(s) your child will most likely refuse.

We want to be able to assess your child's current skill level with foods that they do well with, as well as determining how they handle more challenging foods.

Please introduce your child's preferred foods and drink **first**, allowing your child time to eat. After several minutes, introduce the non-preferred food. Feel free to eat food with your child and make the family meal as close to what typically happens during a snack or meal time.

The proposed format for the feeding evaluation is the “best case scenario” format. We recognize that evaluations don't always go as planned. Our Feeding Team is flexible and will help you maximize your child's participation in the evaluation process.

Please ensure that you meet the requirements of the TeleHealth evaluation BEFORE the scheduled evaluation:

- Camera and audio capabilities on phone, tablet, or computer
- Reliable internet access
- Device turned to “DO NOT DISTURB” to minimize distractions
- A small open space for gross motor activities
- Cleared spot where device can view a clear picture of child for family meal

Finally, [please submit the completed 3-Day Diet History form to nora.murphy@ebschildrenstherapy.com](mailto:nora.murphy@ebschildrenstherapy.com) PRIOR to evaluation.

We look forward to seeing your family soon for your TeleHealth Feeding Evaluation. If you have any questions, please contact Sarah Moreau at sarah.moreau@ebschildrenstherapy.com.

We Care More. We Do More.