

Welcome to the Feeding and Swallowing Clinic

At the Feeding and Swallowing Clinic we help children with feeding and swallowing problems such as:

- gagging, choking or coughing while feeding
- difficulty sucking or drinking from a cup
- difficulty chewing
- avoiding foods or certain textures of food

We can help with your child's feeding or swallowing problems.

We are here to help!

Welcome to our team!

At our clinic, a team of people work together to identify your child's unique needs and provide care. Our goal is to help your child become as independent with feeding as possible.

You and your family are important members of this health care team.

We will help you learn about your child's condition and treatment options, so that you can make informed decisions regarding your child's treatment plan.

We welcome your questions at any time.

Your child may have many needs related to feeding and swallowing. Depending on his or her needs, your child may need the care of several health professionals.

Your child may need care from:

- an Occupational Therapist
- a Speech Language Pathologist
- a Dietitian
- a Gastroenterologist (a medical doctor specializing in problems of the digestive system)
- a Child Life Specialist
- Nurses

These health professionals have experience and training in feeding and swallowing problems. They will work with you to plan and co-ordinate your child's care.

What to bring to your first visit

1. Your child's Health Card.
2. Medications your child takes regularly.
3. A typical meal:
 - a variety of foods with different textures, foods that your child does well with and those that cause difficulty
 - things your child usually uses during mealtimes: bottles, cups, spoons, nipples
4. Any special seating or wheelchair.
5. If you are scheduled to see the Dietitian, please bring 3 days of food records.

What to expect at your first visit

During your first appointment you can expect to:

- Meet the Occupational Therapist. Other team members, such as the Speech Language Pathologist or Dietitian may also be present, depending on your child's needs.
 - Review your child's feeding and swallowing problems.
 - Discuss your concerns and receive support.
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- Feed your child so that the therapist can watch and learn about your child's problem.
- Discuss treatment options that would meet your child's needs.
- Make a plan for your child's treatment and follow-up.

If your child has any problems with swallowing, your child will need a swallowing study. This is a videotaped x-ray of your child feeding and swallowing.

Swallowing studies are done afternoons in the Radiology Department.

If possible, the swallowing study will be done on the same day as your first visit. As it can only be done in the afternoon, make plans to stay at the hospital for several hours.

Continuing your child's care

If it is not possible to have the swallowing study during your first visit, you will need to return at another time. Clinic staff will make this appointment for you.

Your child may also need appointments to see other team members, such as a Dietitian or Gastroenterologist.

Getting in touch

If you have any questions or concerns, please call the 3E Feeding and Swallowing Clinic at:

905-521-2100, ext. 75013

We are part of McMaster Children's Hospital at Hamilton Health Sciences.

How to get to McMaster Children's Hospital

From west of Hamilton:

- take Highway 403 East to Hamilton
- exit at Aberdeen Avenue
- turn left at Longwood Road
- turn left at Main Street West
- McMaster Children's Hospital is on the right

From east of Hamilton:

- take the QEW West
- take Highway 403 West
- exit at Main Street West
- at the stop lights, turn left on to Main Street West
- McMaster Children's Hospital is on the right

How to get to the 3E Clinic

- park underground in the red section
- take the red elevators to the 3rd floor
- The 3E Clinic is straight down the hall to your left