

Feeding and children with Down syndrome

1

Feeding

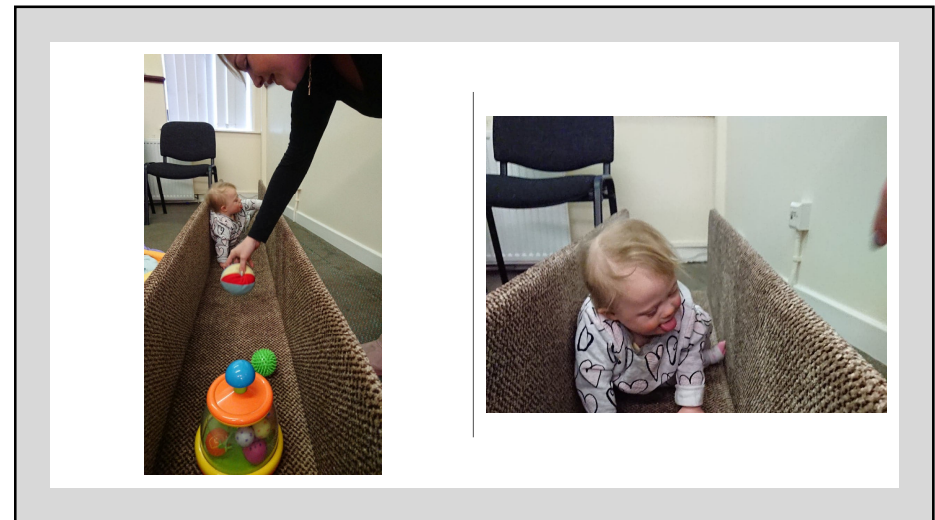
Finger foods	Finding your mouth	Fine motor skills – picking up and letting go
Chewing and developing muscles	Tummy time	Trying new foods

3

Drinking

Bottle to spouty cup	Positioning	Hand over hand	Demonstrating
Swallowing	Closed cup to open cup	Straws	

2



4

The influence of diet

A study by Dr. Priya Chandrasekhar into the effect of CMPI – cow's milk protein intolerance and recurrent respiratory infections in children with Down syndrome

100 children with DS aged 1 to 10 years

31 had CMPI

Study involved using alternatives to cow's milk

5

Following a non milk diet there was a significant decrease in

- Incidence of respiratory infections
 - Use of antibiotics
 - Hospitalisations
 - And overall improvement in health and wellbeing
- Suggests – breast feeding
 - Check CMPI early in life

7

It is estimated 3% of typical population experience CMPI.

This increases to 30% for children with Down syndrome.
Symptoms include:

- Vomiting/reflux
- Wheezing/coughing/runny nose
- Mouth/throat swelling
- Red rash
- Diarrhoea/Constipation

6

Talk tools- oral placement therapy

THE DOWN'S SYNDROME NUTRITION HANDBOOK Book by Joan E Guthrie Medlen. ISBN 1-890627-23-2 An informative book looking at all aspects of nutrition and healthy living for children with Down syndrome from birth through to young adulthood.

Books & resources

8