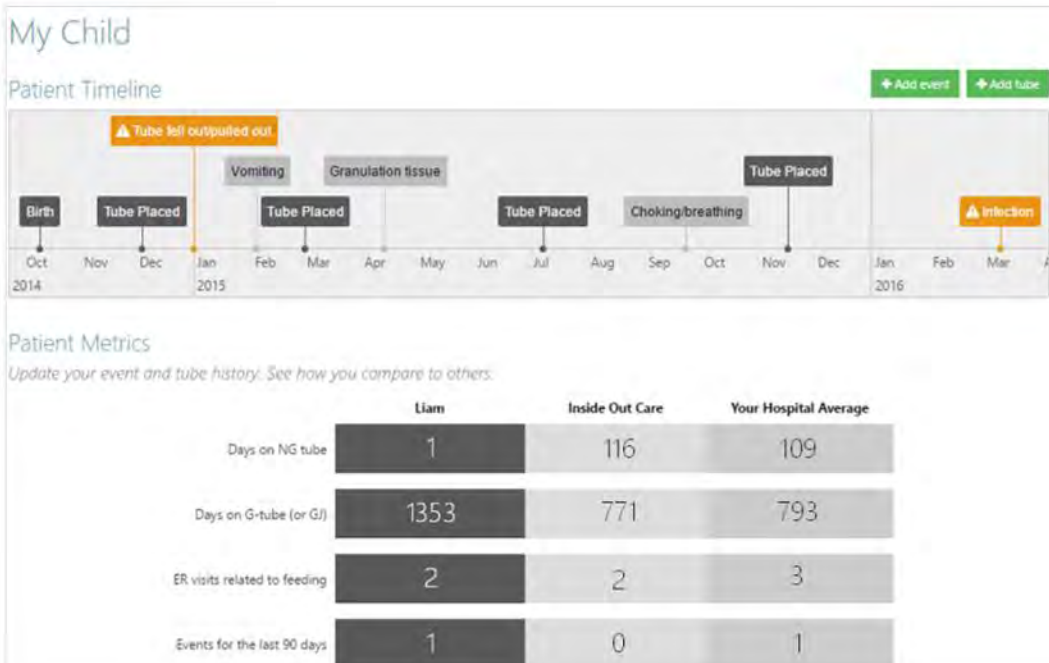


Get the best feeding plan.

Show your providers your feeding timeline to highlight what your child needs.

1. Create an account at www.INSideOutCare.com.
2. Update the **Patient Timeline** under **My Child**.
3. Start every appointment by reviewing your timeline.



With Inside Out Care, you can:

- Meet families who have been on your path
- Get real-life advice and support from parents and experts
- Read about children who are learning to eat by mouth
- Access checklists and how-to's

3-Day Food Diary

1. Create an account at www.InsideOutCare.com.
2. Update the **Patient Diary** under **My Child**.
3. Start every appointment by reviewing your food diary.

Instructions

1. For 3 days in a row, record all food and drinks your child ate.
2. Include a description of the meal and your best guess at portion size/volume eaten.
3. Tip: 1 bite ≈ 5mL.

Describe your food.

What are you feeding: breastmilk, formula, other? If formula, what is the brand? (e.g. Similac NeoSure with Iron, etc.)

Describe your formula recipe (e.g. how you mix it, what you add, etc.):

Food Diary

| Day / Time | Meal Description | Volume (mL) | Mouth | Tube | Notes |
|------------|----------------------|-------------|-------|------|-------|
| Monday 4pm | Gerber Applesauce #2 | 30 mL | ✓ | | |
| Monday 7pm | Similac Formula | 120 mL | | ✓ | |
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Circle top concerns to discuss with your doctors and providers:

| | | | | |
|-------------------------|------------------------|----------------------|------------------------------|------------------|
| Nutrition | Hydration | Appetite | Hunger | Digestion |
| Swallowing | Chewing | Sucking | Sensory Sensitivities | Tolerance |
| Feeding Schedule | Feeding Routine | Communication | Behavior | Vision |