

Amanda's Interoception Parent Assessment

<u>Eat/drink:</u>		
F/D	What fruits does your child eat? How often do they eat them?	
F/D	What veggies does your child eat? How often do they eat them?	
F/D	What meat/protein does your child eat? How often do they eat them?	
F/D	What grains/carbs does your child eat? How often do they eat them?	
What are your child's favorite foods?		
Please list the fluids your child drinks in a day and the amount.		
R	What is your child's favorite thing to drink?	
<u>Sleep:</u>		
SPD/ Consult for Melatonin	How long does it take for your child to fall asleep?	
GI/R	Do they wake up in the middle of the night?	
R	If they wake, how do they fall back asleep?	
SS: Blood panel	Do they move around when they sleep?	
SS	Do they snore when they sleep?	
SS	Do they breathe with their mouth open when they sleep?	
How many hours of sleep do they get?		
How often and how long do they nap?		
SS	What's their mood like when they wake up?	
Do you have to wake them or do they wake up on their own?		
<u>Poop:</u>		
GI	How often does your child poop?	

KEY:

F: Feeding specialist (Often an occupational therapist, Speech/language therapist, BCBA or psych)

D: Dietitian/nutritionist

R: Self-Regulation flags

ENT: Ear-Nose-Throat Specialist

ENTA: Ear-Nose-Throat Allergist

SS: Sleep Study (often an ENT)

GI: Gastroenterologist

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	<ul style="list-style-type: none"> Do you use any medications or supplements to help with their bowel movements? 	
GI	What is the typical color of your child's poop?	
GI	What's the consistency? Hard pellets? Soft and formed? Loose?	
GI	How does your child's poop smell?	
<u>Pain:</u>		
Would you describe your child as clumsy? Coordinated?		
How would you describe your child's pain tolerance to: <ul style="list-style-type: none"> A bump A fall 		
ENT or ENTA	Has your child ever had an ear infection? If so how many? At what time in their life?	
What signs/symptoms did they display for you to suspect and ear infection?		
<u>Other:</u>		
IF yes for ear infections: ENTA IF no: A	Does your child have a history of eczema? If so, how long and what was the treatment?	
IF yes for ear infections: ENTA IF no: A	Does your child have a history of cradle cap? How old when it resolved?	
GI/A	Does your child have a history of reflux? <ul style="list-style-type: none"> How was it treated? When did it resolve? 	
GI/A	Does your child have a history of colic?	
ENT/ENTA	During the wakeful hours of the day how often does your child breath with their mouth open?	

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