

Feeding Evaluation Prep Checklist

The Institute for Infant Feeding and Early Development

A little preparation helps your evaluation go smoothly — but you don't need to have everything figured out beforehand. Use this checklist to gather what's helpful before your visit.

Before you arrive

- ☐ **Complete your Jane intake forms**
Once your visit is scheduled, you'll receive a personalized link to complete your forms in Jane, our patient-record system. Please complete these before your appointment.
- ☐ **Bring your baby's usual feeding supplies**
Bottle, nipple, formula or breastmilk, spoon, or usual foods — whatever your baby typically feeds with, so we can see a real feed.
- ☐ **Gather any relevant prior records**
Past feeding evaluations, swallow studies, or notes from other providers involved in your baby's care, if you have them.
- ☐ **Bring your insurance card, if applicable**
- ☐ **Keep your baby's routine as usual**
Feed your baby on their normal schedule — there's no need to delay a feed or change your usual routine before the visit.

Questions to bring for your clinician

What have you noticed about feeding at home?

What have you already tried, and how did it go?

Anything that's changed recently?

Your own questions:

You don't need to have everything organized before your visit — that's part of what the evaluation is designed to help with. If you're not sure whether something on this list applies to you, bring what you can and we'll take it from there.