

recommended. For toddlers, a high-calorie milk drink (such as, PediaSure) may be used to increase caloric intake. Carefully monitor for signs of intolerance to the formula. Usually only in extreme cases of malnourishment are tube feedings or intravenous therapy required.

Because maladaptive feeding practices often contribute to growth failure, give parents specific step-by-step directions for formula preparation, as well as a written schedule of feeding times. Restrict juice intake in children with FTT until adequate weight gain has been achieved with appropriate milk sources; thereafter give no more than 4 oz/day of juice.

Behavior modification techniques may be used with older infants and toddlers to interrupt poor feeding patterns. Feeding times may actually involve “struggles of will” in cases of maladaptive feedings that result in FTT. These behaviors are different from the occasional toddler behavior of food refusal, which is primarily developmental, not pathologic. The association of appropriate food with good or bad behaviors and consequent rewards may be part of the complex problem. In severe cases of malnourishment, tube feedings or intravenous therapy may be required.

In addition to attending to the child's physical needs, the interdisciplinary team must plan care for appropriate developmental stimulation. After an approximate developmental age is established, a planned program of play is begun. Ideally, a child life specialist is involved to implement and supervise the stimulation program. Every effort is made to teach the parent how to play and interact with the child.

Nursing care of these children involves a “family systems” approach. In other words, for the entire family to become healthy, each member must be helped to change. Care of the parents is aimed at helping them improve their self-esteem by acquiring positive, successful parenting skills. Initially, this necessitates providing an environment in which they feel welcomed and accepted. Depending on the cause of FTT, many children are treated on an outpatient basis.

## **Skin Disorders**