



# Case presentation of an 18-months-old boy with eating and sleeping problems and food allergies

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## Introduction

Handling eating and sleeping difficulties of babies is a common trouble for parents and paediatricians nowadays. Especially when the underlying causes are a combination of several medical and psychological

## Aims of the study

We discuss the effectiveness of parent-infant consultations in combination with medical treatment and dietary counselling.

## Two months old

He had eczema, hence he and the mother were put on a milk and egg free diet.

## Case report

18-months-old boy

### Since birth:

He had often cried heavily and had had sleeping problems as well.

## The symptom persisted

- he was continuously scratching himself,
- his stool was frequent and watery,
- cried a lot,
- had sleeping difficulty
- only breastfeeding could comfort him

## Diagnosis and treatment

Medical investigations for nutritive allergies:

Wheat, rye, soybean, sesame seed, egg, potato, tomato, celery, walnut, groundnut, hazelnut, almond.

The diet was restricted for five more types of food – for baby and mother.



Wheat



Rye



Soybean



Sesame seed



Egg



Potato



Tomato



Celery



Walnut



Groundnut



Hazelnut



Almond

## Results

- The skin problems and the scratching resolved
- The sleeping problem was still present.
- Baby preferred breastfeeding even 15-20 times a day.
- The introduction of complementary feeding was difficult.
- He refused baby food, mainly preferred lumpy food.
- He was able to chew.

## Multidisciplinary approach-management of the case:

- Medical controls
- Dietetic consultations,
- Parent-infant consultations

## The following subjects were discussed:

- the possible aspects behind the child's behaviour
- the parental perception and interpretation of the infant's cues
- daily schedule
- parental support of the development of self-feeding

## Positive results were seen after the third consultation:

- As the mother reported the situation was gradually improving.
- Finally, the infant was breastfed 5-6 times a day, he was eating with spoon without problems.
- His diet was still limited because of the dietary restrictions.
- Sleeping was more balanced

## Conclusions

When we are treating infant eating and sleeping disorders, we should consider medical, physiological factors and others.

This child was treated at the **Early Childhood Eating and Sleeping Disorders Outpatient Clinic** at **Heim Pál National Paediatric Institute, Budapest** that was set up in January 2017.