# GOALS OF FEEDING INTERVENTION:

# The most effective parent/caregiver training programs include:

# Teaching parents to interact positively with children

# Praising desired behaviors, such as sitting at the table, feeding themselves

# Teaching effective emotional communication skills

# Encouraging and supporting caregivers to practice new skills during sessions

# Improving ALL aspects of feeding, including successful, independent mealtime participation

# Progress can be assessed through:

# quantitative gains: volume consumed per meal, decrease of inappropriate behaviors

# qualitative gains: child’s enjoyment of meals, intrinsic motivation to eat, quality of mealtime interactions, parent report of positive family mealtimes

# ESTABLISHING POSITIVE ROUTINES:

# Limit distractions (e.g., TV, iPad)

# Don’t use food as a reward or expression of affection

# Dessert can be offered in a small portion with the meal, not conditional upon intake

# Praise the child’s actions, not their intake (e.g., scooping with spoon)

# Focus on interactions with family, not food

# Things to Avoid During Feedings:

# Do not coax, threaten, or force children to eat

# Do not praise or criticize for how much or how little they eat.

# No praise for eating all of their food or criticism for not taking enough bites

# Praise the action such as “You are a big boy bringing the spoon to your mouth.”