



Improving Feeding and Mealtime for Infants and Toddlers

Kimberly Holt, MS OTR/L

Parent-Led Intervention Strategy for Feeding Problems

1. Identify the Problem

1. Notice Physical Signs
2. Use a Developmental Feeding Chart
3. Use a Parent Reported Outcome Measure

2. Observe Parent and Child to facilitate Responsive Feeding

1. Observe mealtime with parent and child
2. Help the parent recognize Child Signals correctly
3. Encourage parent to visually attend
 - Limit distractions (pets, tv)
4. Encourage a mealtime routine
5. Eat as a family (provide modeling cues)
6. Promote play during mealtime (touch, taste, lick, smile)

3. Apply a Coaching Model to Improve

1. Connect with the caregiver.
2. Watch Mealtime in the natural environment
3. Plan to assist with mealtime at the next visit
4. Ask Questions that promote parent thinking.
5. Give constructive, meaningful feedback

4. Achieve Long Term Goal: Empower the Parent

1. Empower Parents
2. Improve the value of healthcare services
3. Catch Developmental Delays Quick
4. Largest impact on infant/ toddler health

Infant/ Toddler Developmental Feeding Chart

Age	Oral Motor Skills	Nutrition/ Food Types	Positioning Needs	Recommended Tools
1 Month	Suck/ Swallow/ Breath No Biting or Chewing Reflexive	Stomach is the size of a ping pong ball Breast Milk/ Formula	Held in Caregiver Arms Eye Con- tact Slight Elevation	Bottle or Breast
3 Months	Suck/ Swallow/ Breath No Biting or Chewing Can sequence up to 20 or more sucks, Tongue can extend and retract	Breast Milk/ Formula	Held in Caregiver Arms Promote Eye Contact Slight Elevation	Bottle or Breast
5 Months	Uses longer sequences of suck/swallow/ breath Tongue can move up and down Primitive biting-release pattern (munching) Biting is not controlled	Breast Milk/ Formula is primary Begins to taste single grain cereals and purees mixed with formula / breastmilk	Held during bottle feeding Sitting in supportive seating during purees and cereals	Bottle/ breast Highchair Infant spoon
6 Months	No loss of liquids when drinking from bottle Some loss of liquids when drinking from cup Beginning diagonal rotary chewing	Breast Milk/Formula Continue to eat purees, can be thicker and homemade Thin liquids- juice/ water via straw cup	Held Sitting in supportive seating	Bottle/ breast Highchair- with tray Infant spoon (for baby and caregiver) Mesh Food Feeder Straw cup
9-10 Months	No loss of liquid with sippy cup or bottle Munches with diagonal movement and lateral movements of food from center to sides of mouth	Breast Milk/ Formula Thin liquids- water Table Food smooth purees Soft mashed table foods Meltable Solids (graham crackers) Soft Cubes (10 months)	Held Sitting in supportive seating With tray table	Bottle/ Breast Highchair -Infant spoon (s) Mesh Food feeder Straw Cup/ open cup Nuk Food Masher
12 Months	Controlled, sustained bite Begins rotary chewing Dips spoon in messy foods	Breast Milk/Formula, Purees Easily chewed foods, including meats and coarsely chopped foods, meltable crackers, 1 Tablespoon of food per food group, Mixed Textures	Held Sitting in supportive seating with tray. Important to promote self-feed- ing	Reduce paci Reduce bottle Straw/ Open Cup Toddler spoon
18 Months	Jaw is stable when drinking from sippy cup Scoops with spoon and brings to mouth	Easily chewed foods, including meats and coarsely chopped fruits and cooked vegeta- bles	Sitting in supportive seating- im- portant to promote self-feeding	Eliminate paci Eliminate bottle Straw/ Open cup Toddler Spoon/ fork
24 Months	Use of fork and spoon Use of open cup	Eats all table foods	Sitting in supportive seating	Straw/ Open cup Toddler Spoon/ fork

Infant/ Toddler Feeding Resources

Developmental Feeding Charts

1. Adjusted Age Calculator. Use to look at developmental charts: www.agesandstages.com
2. Super Duper Oral Motor Checklist: https://www.imaginepediatrictherapy.com/resources/Oral_Motor_Milestones.pdf
3. SOS Oral Motor Checklist: <https://sosapproachtofeeding.com>
4. Ellen Satter Institute for Feeding: <https://www.ellynsatterinstitute.org/how-to-feed/child-feeding-ages-and-stages/>
5. Feeding/ Swallowing Developmental Checklist: <https://www.asha.org/public/developmental-milestones/hand-outs/>

Parent-Reported Outcome Measures

1. Family Impact Scales, PediEAT- CHOMPs: <https://feedingflockteam.org/the-feeding-flock-tools>
2. Short Screening Tool: www.feedingmatters.com

Responsive Feeding Resources

1. Responsive Feeding: https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Is-Your-Baby-Hungry-or-Full-Responsive-Feeding-Explained.aspx?_gl=1*129tu1r*_ga*MTQ4NTkzMjAyNy4x-NzQwNTE4MzA5*_ga_FD9D3XZVQQ*MTc0MDUxODMwOS4xLjAuMTc0MDUxODMwOS4wLjAuMA..

Nutrition

1. USDA Tips for Infants: <https://www.myplate.gov/life-stages/infants>
2. Nutrition recommendations, parent-friendly information on responsive feeding: www.healthychildren.org
3. Milestone tracker application: <https://www.cdc.gov/ncbddd/actearly/milestones-app.html>
4. Nutrition Recommendations for all ages: <https://www.eatright.org/>
5. American Academy of Pediatrics Video – Responsive Feeding and Picky Eating Videos: www.cdc.gov
6. Infant Feeding Quizzes: <https://www.fns.usda.gov/tn/quizzes/infant-nutrition>
7. Parent Guides: www.feedingmatters.com

Recommended Positioning Devices and Tools

1. Fisher Price Space Saver High Chair
2. Tripp Trapp High Chair
3. Mesh Food Feeder
4. Nuk Food Masher
5. Munchkin Silicon Soft Spoons
6. Take and Toss Spoon / Fork
7. Nuby Sensory Silicone Tube Teethers
8. Sofie the Giraffe Teether
9. Munchkin Weighted Straw Cup
10. Take and Toss Straw Cup
11. Oxo Straw Cup

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