

NOVEMBER 3, 2015 • TALKS ON TUESDAYS WEBINAR

Infant & Toddler Feeding Challenges

How to Empower Families



AUDIO DETAILS:

1-866-842-5779

Enter Code: 463-661-9330

MEET THE PRESENTERS



Jessica Schwab,
M.Ed., CCC-SLP

Jessica.Schwab@fairfaxcounty.gov



Lauren Piccillo,
M.Ed., CCC-SLP

Lauren.Piccillo@fairfaxcounty.gov

True or False?

T

F

☐
☐

As the interventionist, I have to be the one feeding the child in order to provide “feeding therapy.”

☐
☐

The child has to eat in order to participate in the feeding therapy session.


☐
☐

As the interventionist, I cannot “coach” the parent during a feeding therapy session.



for Feeding Concerns

- Poor weight gain; “Falling off the curve”
- Parent report of mealtime stress
- Challenging mealtime behaviors



Red Flags for Feeding Concerns

- Lack of progression through food textures
- Difficulty transitioning from breast to bottle, bottle to cup
- Limited variety of foods accepted



- Prematurity
- Cardiac issues
- Respiratory issues
- GI issues
- Reflux
- Muscle weakness
- Craniofacial differences
- Sleep difficulties
- Food allergies



What interactions and routines can you identify within this picture that support positive mealtime experiences for the family?



Benefits and Supports:
Providing Feeding Intervention
in the Home Environment





- Sharing concerns
- Identifying cultural differences
- Transdisciplinary approach
- Educational and medical collaboration
- Breastfeeding is more naturally supported in the home



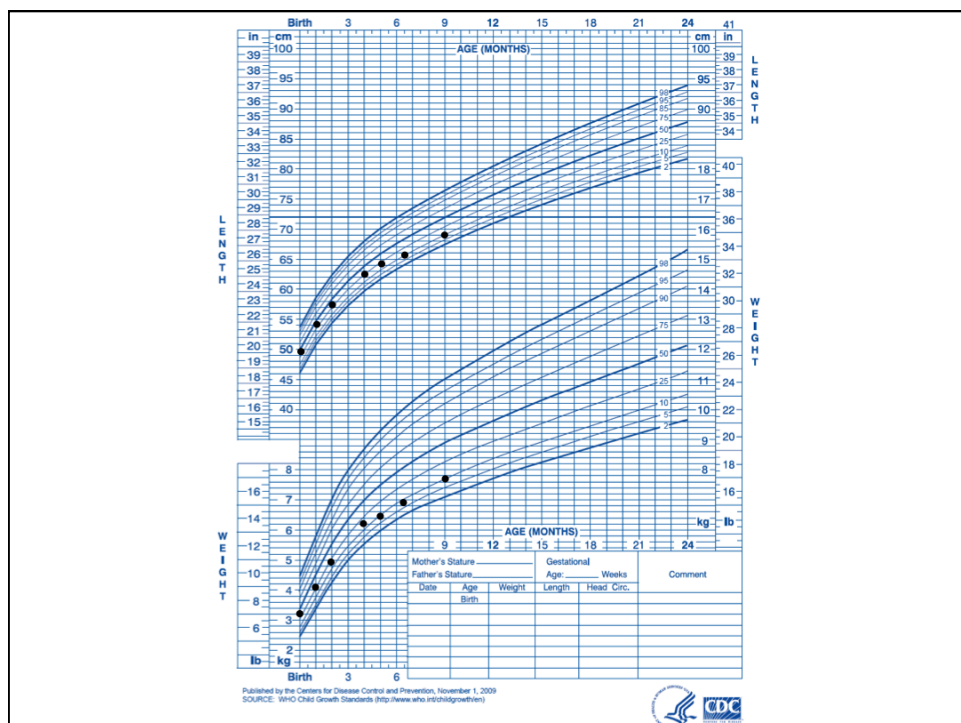
What are other parts of a mealtime routine that
DO NOT require the child to eat?

How else could the child participate in the
family's mealtime routine?



**Coaching in
Early Intervention**
Feeding Within
Family Routines







The Feeding Relationship

The impact of feeding problems

- 25% of American children demonstrate some form of feeding disorder
- 80% of children with developmental delays demonstrate some type of feeding difficulty or disorder
- Positive benefits become more difficult for families to attain



How do you define a typically
“picky” child vs. a child with feeding
difficulties or a feeding disorder?



LET'S CHAT

When asking caregivers if they would describe their 4-6 month old as a "picky eater," how many would agree?



- a. 1-10%
- b. 11-25%
- c. 26-50%
- d. more than 51%

When asking caregivers if they would describe their 19-24 month old child as a 'picky eater", what percentage would you guess agree:



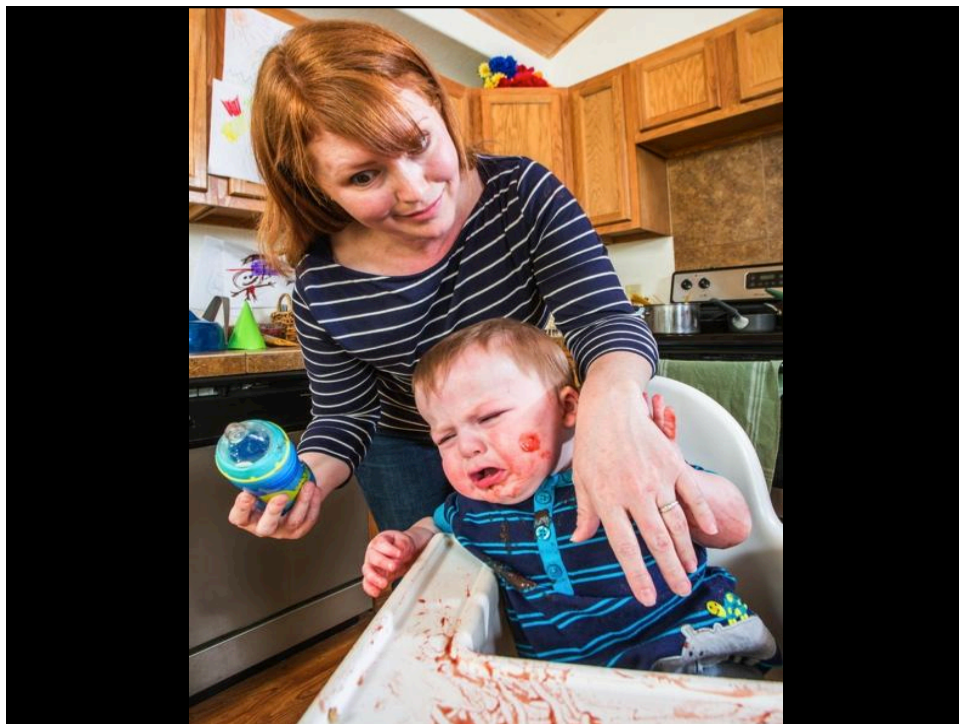
- a. 1-10%
- b. 11-25%
- c. 26-50%
- d. more than 51%



How many times do you think a child needs to be exposed to a specific food before they add it to their diet?

- a. 1-2 times
- b. 3-5 times
- c. 6-9 times
- d. 10-30 times





Early Intervention-Friendly Strategies



Early Intervention-Friendly Strategies



What is your go to strategy you share
with families who are struggling
with mealtime behaviors?



What to Avoid During Mealtimes

- a. T.V/iPad
- b. Food as a reward
- c. Coaxing/Forcing
- d. Focus on food
vs. family
- e. All of the Above



Goals of Feeding Intervention

- ☒ Teaching parents to positively interact
– Praising desired behaviors
- ☒ Teaching effective emotional communication skills
- ☒ Encouraging and supporting caregiver practice
- ☒ Improving ALL aspects of feeding

