

Managing Feeding Delays at Home

Presenters

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What might picky eating look like?

- Physical aversion to meal time
- Gags/coughs when presented with new foods
- Only eats
 - specific brands
 - one texture
 - similar color
 - one flavor profile



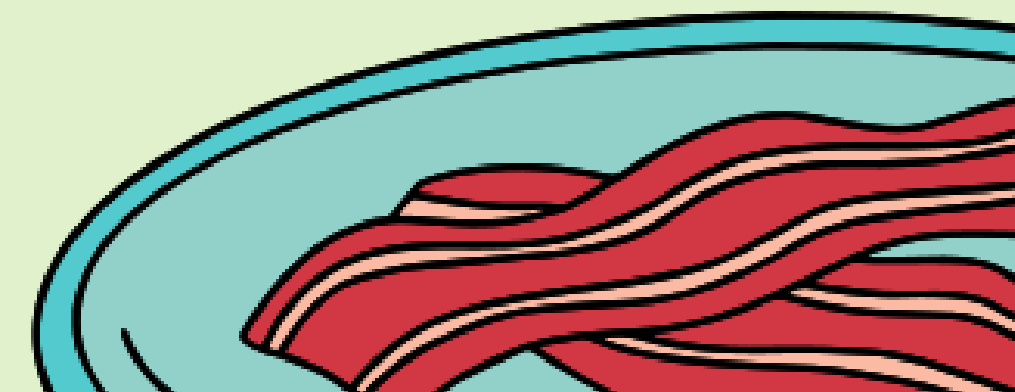
What might picky eating look like?

- Limited repertoire of foods
- Would rather go the entire day without eating rather than try something new
- Weight loss and nutritional deficiency

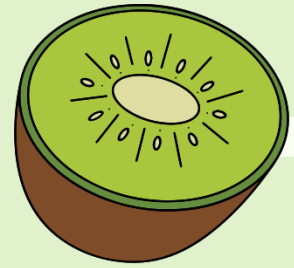


- Medical diagnoses
 - Trauma/limited exposure
- Temperature/texture
 - Gastrointestinal
 - Oral motor

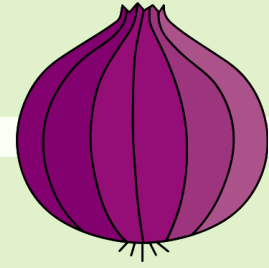
Underlying causes



Important factors



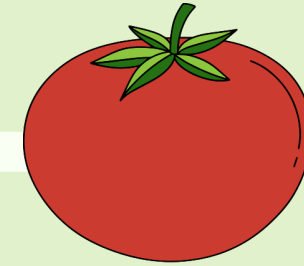
Fun/Low
Pressure



Consistent



Environment
and
Language

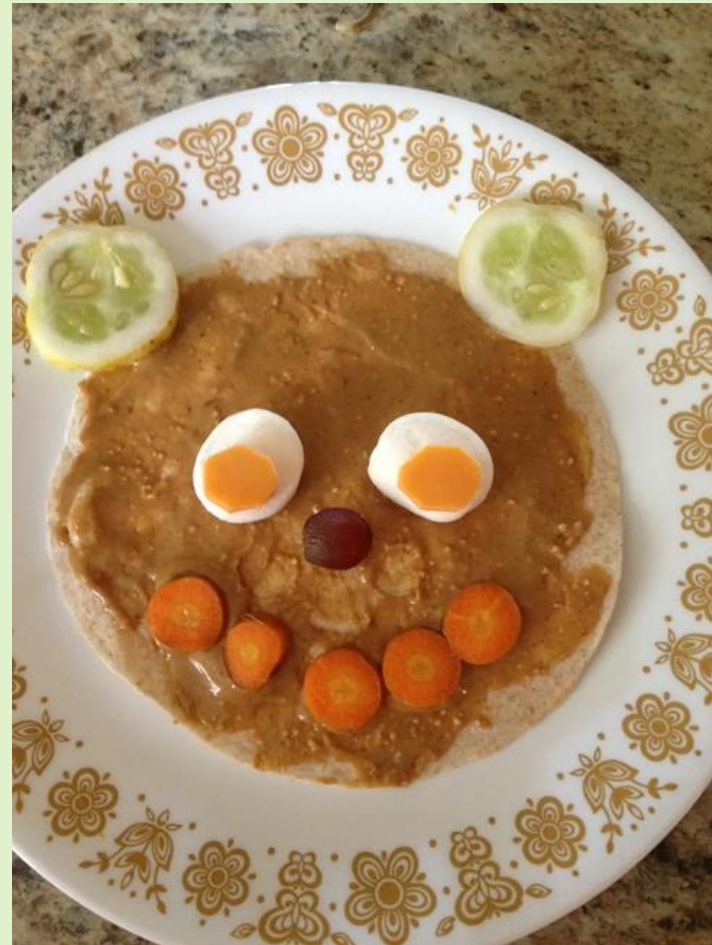


Preference
+
Novel



Be
patient!

Strategies for fun mealtimes



- Messy play: touch, smell, make shapes
- Involve toys: feed the stuffed animal
- Involve the child: have child serve family members and help set the table
- Clean up: make a game out of throwing the food away



- Time: similar meal times to maintain predictability
- Set up: provide similar dishes, place mat and utensils
- Preferred foods: always include a preferred food paired with a non-preferred food
- Routine: follow a routine every time you sit down to eat, have child eat with others



Strategies for consistent mealtimes



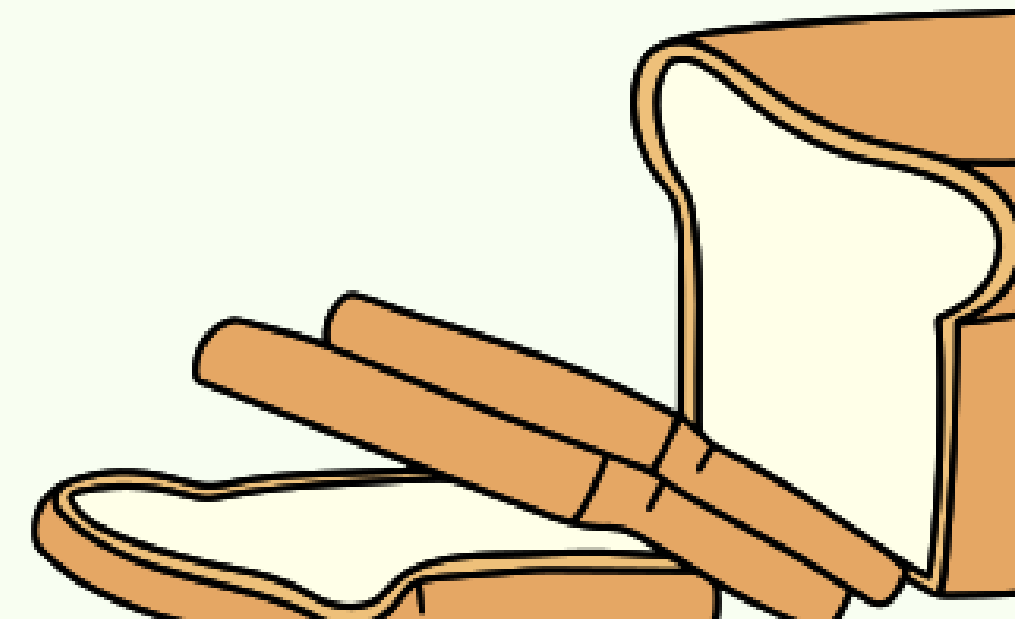


Environment

+

Language

- Eliminate distractions
- Comfortable 90-90-90 seating
- Avoid saying good vs. bad and focus on physical/qualitative attributes
- Avoid rewards and punishments





Key points

- Sensory based vs. behavioral based
- It can take up to 15-20 times of exposure before a child eats
 - Keep in mind the child's likes and dislikes



Recommendations and Referrals

-St. Mary's Center for Pediatric Feeding Disorders (Bayside, NY)

(718) 281-8800

-NYU Langone GI Center (Lake Success, NY)

(516) 467-8585

-Foodology Feeding Therapy (Farmingdale, NY)

(516) 669-0434

-Long Island Speech and Feeding Therapy (Nassau County, NY)

(516) 696-4407

-Feed, Eat, Repeat (Marine Park in Brooklyn, NY)

(347) 445-3751

Reach out to your child's SLP if you are having concerns regarding their feeding habits!



Any Questions?

