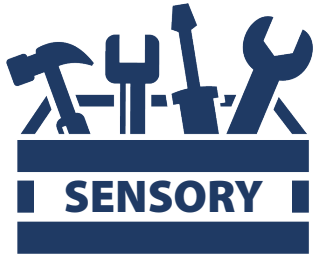


# Early Intervention and Feeding: When to Seek a Specialist - PART II

## FEEDING CONCERNS - TOOLBOX TIPS



related to reactions to taste, texture, temperature, smell, and/or appearance

### TOOLBOX TIPS:

- **Messy Play:** Play in preferred and nonpreferred textures in a nonthreatening manner.
- **Repetition:** Offer new foods at least 8-10 consecutive days; some children may need a month.
- **"No Thank You" Spot:** Create an accepted place where a child can place undesired food items.



related to actions (child and parent) surrounding feeding

### TOOLBOX TIPS:

- **Mealtime Schedule:** Avoid offering food outside of set meal and snack times.
- **Active Participation:** Give child tasks that help with mealtime.
- **Praise:** Offer praise for positive behaviors; try to ignore negative behaviors.



related to muscles of the mouth and/or mouth movements

### TOOLBOX TIPS:

- **Resistance Bites:** Offer items to bite/chew with various resistances
- **Mouth Massages:** "Wake Up" the mouth; sweep/press along different areas of the mouth
- **Straw, Open Cup:** Encourage a mature suck-swallow; practice tongue sweep for complex foods



related to a child's medical diagnoses or medical needs

### TOOLBOX TIPS:

- **Know Your Boundaries (And Theirs):** Recognize your professional limits; acknowledge parent/child trauma.
- **Oral Stimulation:** Offer opportunities to experience textures and tastes orally.
- **Model Healthy Habits:** Incorporate the child in mealtime; expose them to eating habits & routines.