

Overcome Feeding and Swallowing Challenges in Older Infants and Toddlers

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Disclosures

Financial Disclosures:

- Speaker Honorarium
- Salary Tubes 2 Tables

Non-Financial Disclosures:

- None

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Objectives

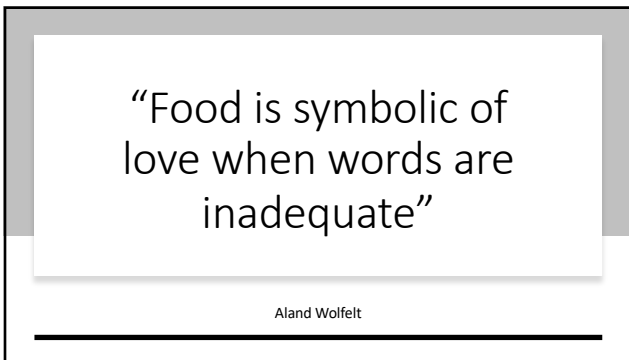
Attendees will be able to:

- Explain how sense of self development impacts feeding skills in toddlers
- Describe strategies to transcend a parent-child battle of wills and facilitate food acceptance
- List developmental skills needed for a child to accept a variety of food textures

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Relationships

<p>Healthy</p> <p>Both partners are:</p> <ul style="list-style-type: none"> • Communicating • Respectful • Honest • Trusting and supportive • Consenting in all activities 	<p>Unhealthy</p> <p>One or both partners are:</p> <ul style="list-style-type: none"> • Mis-communicating • Distrusting • Trying to take control • Pressuring into activities
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Optimizing Treatment Outcomes

- Does frequency matter?
- Does duration matter?
- Does environment matter?
- Does the person who feeds a child matter?

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Does frequency of intervention matter for improving feeding skills in infants and toddlers?

Using Motor Learning Approaches for Treating Swallowing and Feeding Disorders: A Review

Justine J. Sheppard | [https://doi.org/10.1044/01611441\(2008\)0221](https://doi.org/10.1044/01611441(2008)0221)

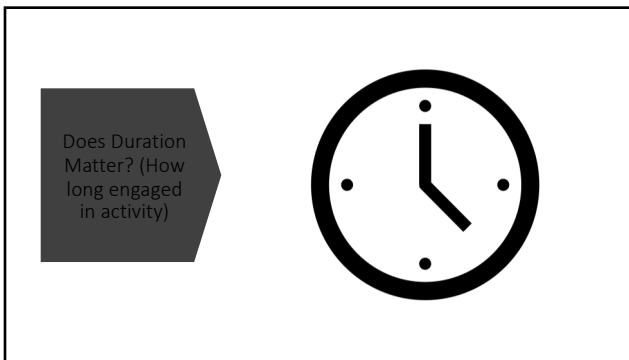
Abstract | PDF | Tools | Share

[https://pubs.asha.org/doi/full/10.1044/0161-1441\(2008\)0221](https://pubs.asha.org/doi/full/10.1044/0161-1441(2008)0221)

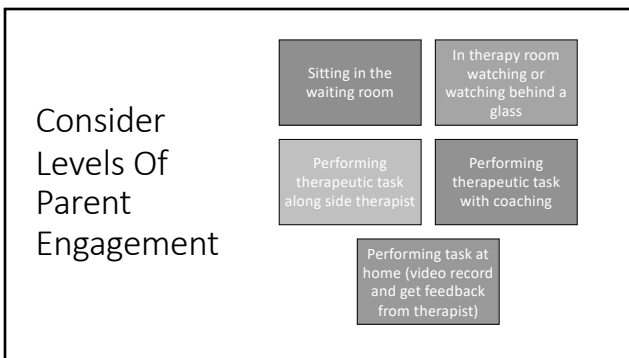
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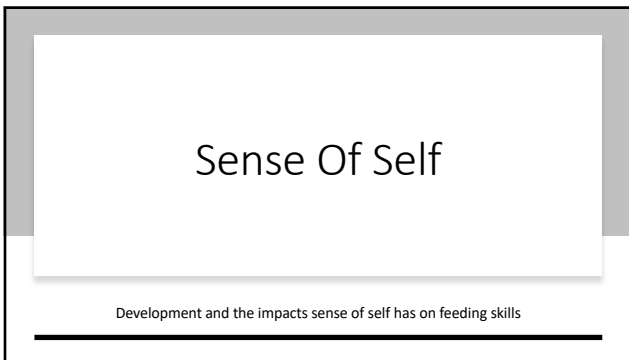
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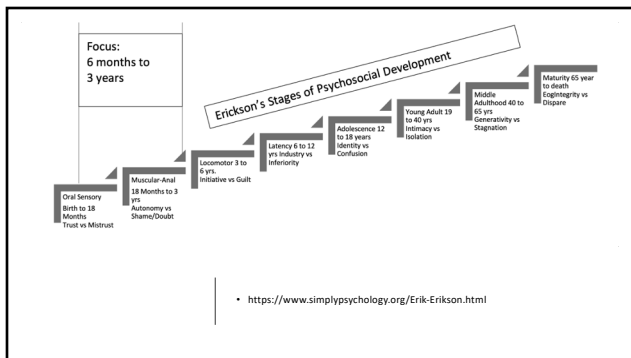
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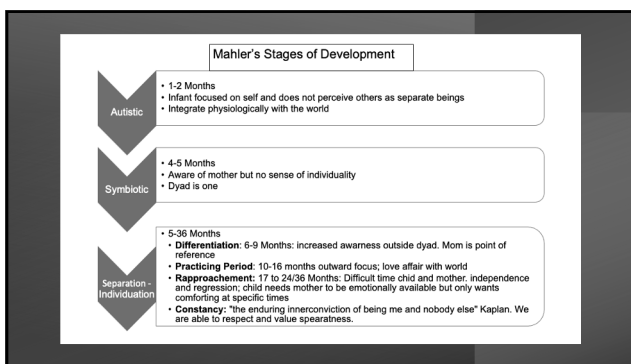
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Erickson: Oral Sensory – Feeding Focus

Birth to 18 Months
Trust vs Mistrust

The infant must form a first loving, trusting relationship with parent or develop mistrust

According to Erickson, during feeding situations:
children learn trust others to meet needs
or
world is unpredictable place and others do NOT meet needs

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SIX-MINUTE X-RAY
OF BEHAVIOR PROFILING

Six Minute X-Ray
-----Chase Hughes

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Fear Leads To Lack of Trust

Fear → Pressure → Fear → Refuse → Fear

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Sense of Self and Feeding < 12 Months of age

- Child learns trust when parents respond to care needs. Child learns the world is dependable and predictable.
- Dependable and Predictable = Trust
- Child learns to recognize they are separate from parents between 7 and 10 months.
- No personal opinions

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Fear Leads To Lack of Trust



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    graph TD
      A[Fear] --> B[Pressure]
      B --> C[Fear]
      C --> D[Refuse]
      D --> A
    
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Sense Of Self > 12 Months of Age

After 12 months, children begin to form own opinions but limited to:

- I like this or I don't like this
- But, they are not good at figuring out what it is they do or don't like
- And, they can't figure out how to make it better
- So, they scream or reject things.

All of us have experienced this when introducing new foods

Partially explains how a child who 'use to eat well' now refuses and screams

<https://www.learning-theories.com/separation-individuation-theory-of-child-development-mahler.html>

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Sense of Self 24 to 36 Months

Now children have their own opinions

Act on these opinions

Tell parents of their opinions

Exert control over them

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Fear Leads To Lack of Trust




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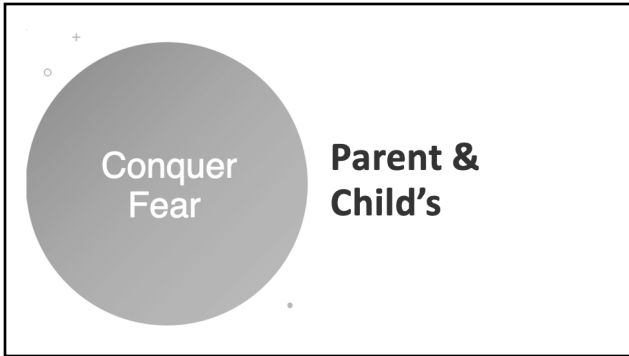
Transcending parent-child battle of wills

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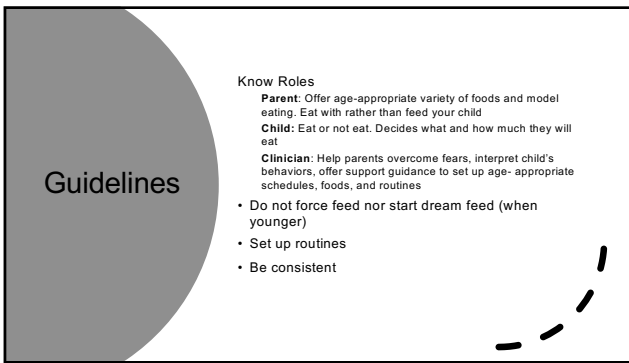
The Child Must Win The Battle Of Wills At The Table

How do we give them control and guide food acceptance?

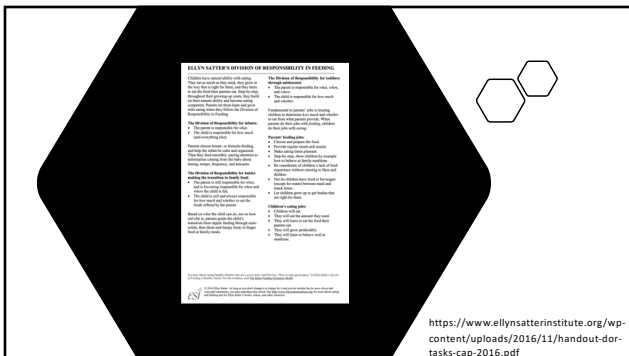
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LEARN:
The meaning
behind your
child's behavior

Clinician's must:
Observe parent and
child's behavior in
their environment.

Help make changes
that will decrease fear
& increase dyad
success

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How do we
help?
By showing
and
supporting
parents to:

Keep	Keep age-appropriate feeding schedules
Increase	Increase predictability and consistency of routines
Offer	Constantly offer previously refused foods
Show	Show, don't tell or ask

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Foundations
Of Feeding
Therapy

Establish	Establish age appropriate feeding schedules
Set	Set realistic volume goals
Use	Use mealtime routines

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Chihuahua VS German Shepard

You can not feed a Chihuahua enough to make it the size of a German Shepard

You can not starve a German Shepard enough to make it the size of a Chihuahua

Aloha Nutrition

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Magic Of Mealtime Routines

Rules:

1. Always Complete Routine
2. Stay At Table Until Clean Up Time
3. Length of mealtime may vary depending on behavior and tolerance

BE Consistent Every time No Exceptions!!

Mealtime is about the food not about your child!

Focus on the food:

- how it smells
- how it looks
- how it feels
- how it tastes
- how it sounds

Ignore or redirect throwing without words

Child should clean up floor at clean up time if they throw food.

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Meal Time Routine

I or

Use Boardmaker™ to place Picture Communication Symbols here.

wash hands

eat

clean

all done

Suggested Use:

Picture symbols provided by the author, modified from the Pictorial Communication Symbols™ manual, copyright © 1997 by Paul V. Swanson, EdD, University of Kansas.




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Developmental skills needed for a child to accept a variety of food textures


A closer look at the trees...

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Hierarchy of Feeding Goals

-  Breathe
-  Nourish
-  Eat by Mouth

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Oral Motor Function

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Transition to highchair:
Developmental Prerequisites

Manages saliva and has gag reflex

Must be able to sit unsupported for 20 seconds without head bobbing

Now able to move hand to mouth for oral exploration

Uses phasic bite and release pattern on soft toys

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7 to 12 months

Breathing is stable when chewing with open airway

Tongue lateralization is active

Vertical jaw movements and gnawing develops

Lip closure is sufficient to support chewing

Lower lip draws inward as spoon removed

During gross motor movement no more drooling with new activities

Cup drinking Tongue may protrude under cup for stability. Spills liquid

Able to independently finger feeding

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12-24 Months

Rotary chewing emerges around twelve months matures by 24 months

Change in taste bud perceptions occur

Finger feeding and interest in using utensils

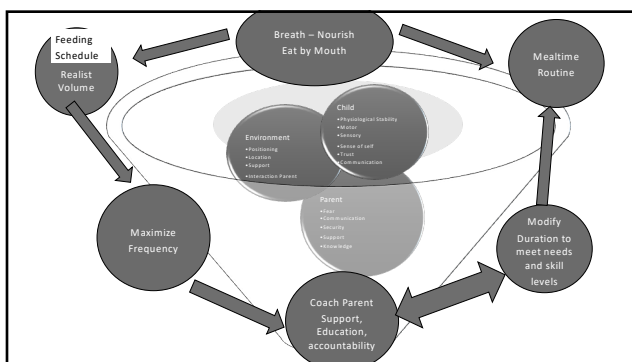
Brings spoon to mouth and turns it over in the mouth

Bottle is no longer used. Drinks from a cup

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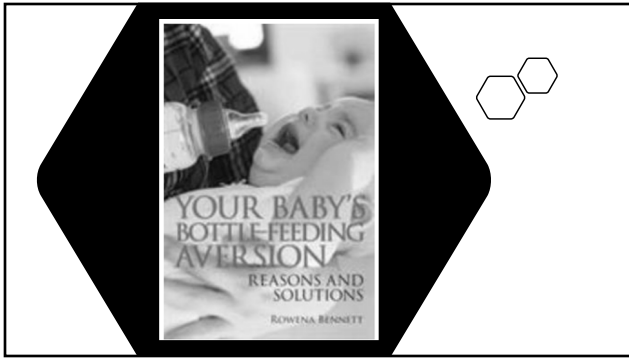
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**Empower Parents
To Solve Feeding Issues
So That Their Baby Thrives**

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