

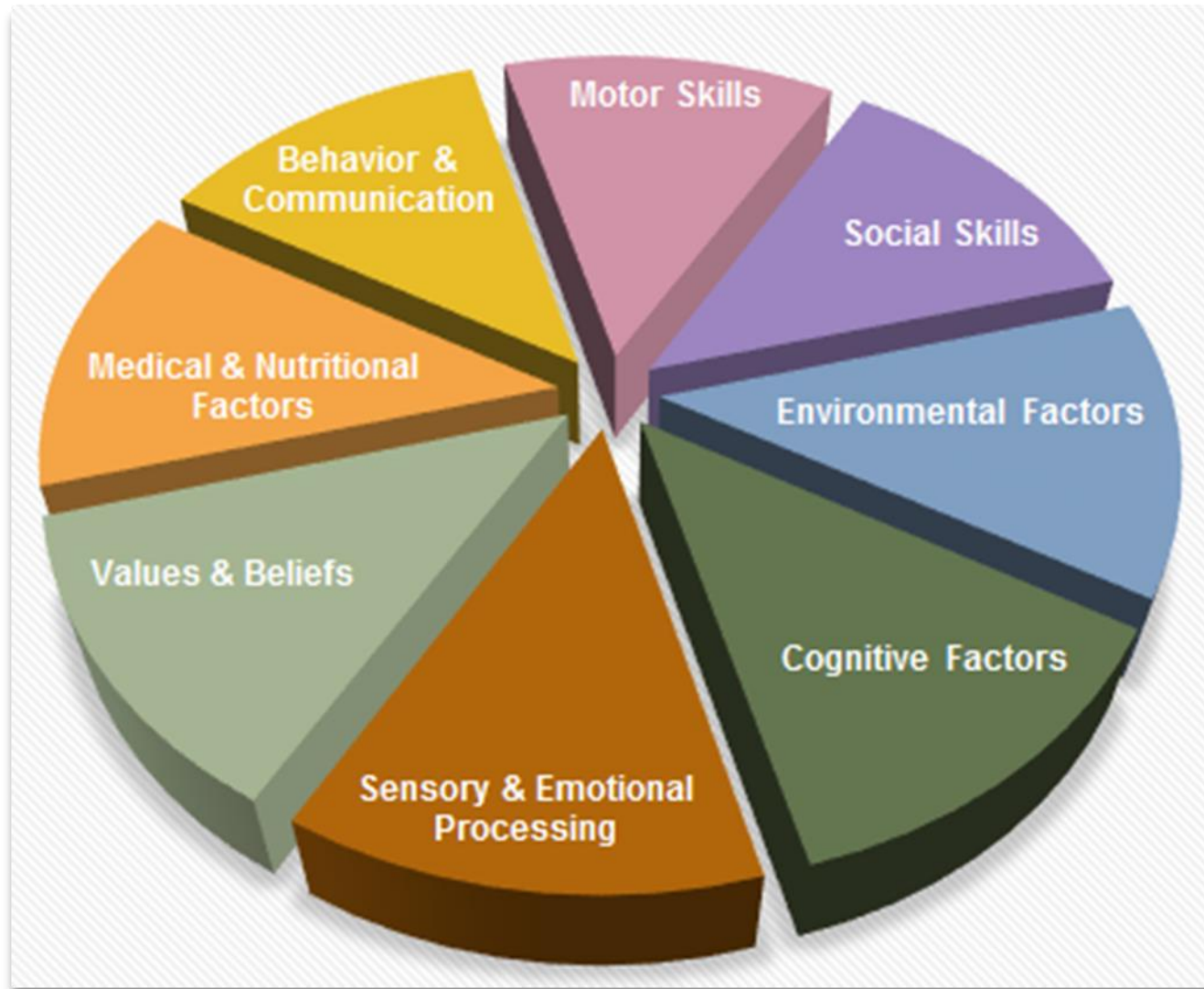


# Feeding Matters

EARLY CHILDHOOD EDUCATION TEACHER COLLABORATION

SEPTEMBER 25, 2017

# The Whole Pie Framework™ for Pediatric Feeding



For more information please see [www.EndPickyEating.com](http://www.EndPickyEating.com) and the course catalogue at [www.SensationalBrain.com](http://www.SensationalBrain.com)

# Medical Conditions Impacting Feeding

- ▶ Aspiration
- ▶ Pathological/clinical gastroesophageal reflux
- ▶ Pain due to ulcers
- ▶ Prematurity
- ▶ Enlarged adenoids
- ▶ Enlarged tonsils
- ▶ Delayed gastric emptying
- ▶ Pyloric stenosis
- ▶ Pain and vomiting due to constipation
- ▶ Discomfort due to food allergies/sensitivities

# Motor Skills

- ▶ Postural Stability
- ▶ Muscle Tone
- ▶ Motor Planning

# Oral Motor Development

- ▶ Suckle
- ▶ Suck
- ▶ Munch
- ▶ Vertical or lateral chewing
- ▶ Rotary chewing

# Sensory

- ▶ Proprioception
- ▶ Vestibular
- ▶ Tactile
- ▶ Olfactory
- ▶ Gustatory
- ▶ Visual
- ▶ Auditory
- ▶ Interoception

# Daytime Structure

- ▶ Meals/snacks 2.5-3 hours apart 2 and older
- ▶ Only water is given between meals/snacks
- ▶ Children help with meal prep
- ▶ Meals last no longer than 20-30 minutes

# Meal Structure

- ▶ At least one preferred food
- ▶ At least one non-preferred food presented every other day
- ▶ All done bowl
- ▶ Milk offered half way through to avoid filling up
- ▶ If child too stressed stop the meal and revisit 30-60 minutes later

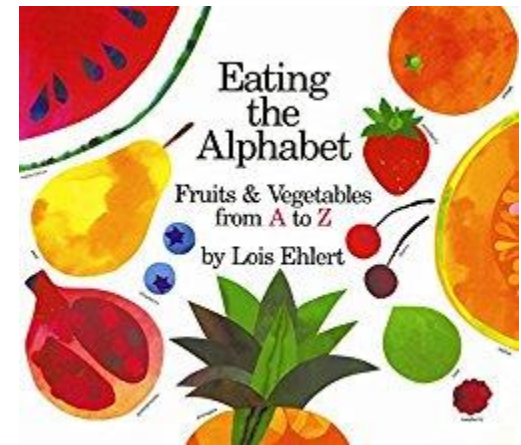
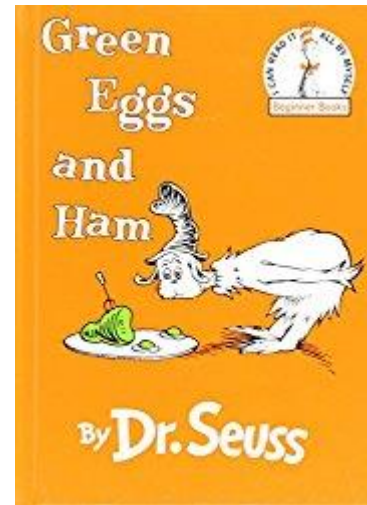
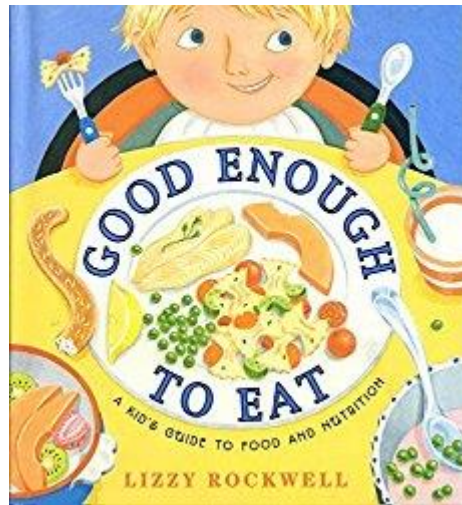
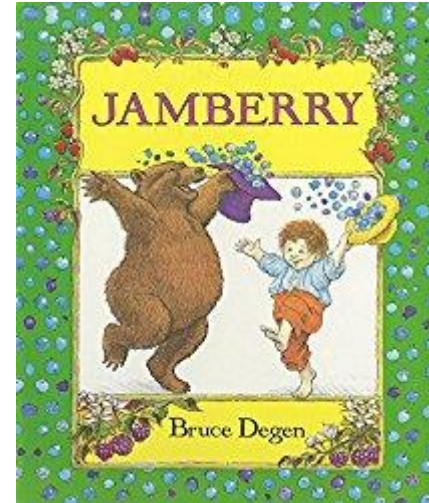
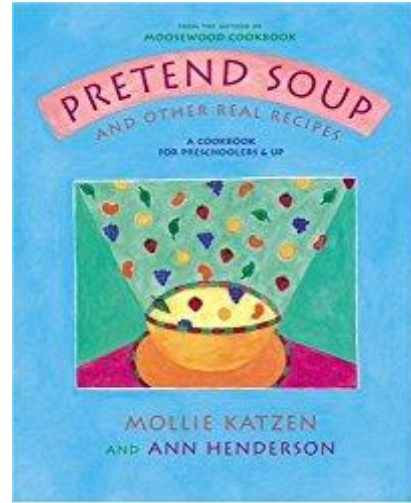


# Expectations for the child

- ▶ Help with meal prep
- ▶ Serve themselves -family style
- ▶ Interact with food
- ▶ Decides how much to eat

# Parent expectations

- ▶ Adult eat at least same volume
- ▶ Use descriptive phrases to praise interaction with food
- ▶ Food presented in manageable ways (small pieces/only 3 different foods/appropriate pacing)\_
- ▶ Once child states they are done only encourage eating more 2-3 x
- ▶ Child too stressed Stop and revisit later
- ▶ The focus of the meal is on
  - ▶ Modeling how to eat
  - ▶ Talking about properties of the food
  - ▶ Socializing and having fun!



# References/Resources

- ▶ [www.endpickyeating.com](http://www.endpickyeating.com)
- ▶ [www.pediatricfeedingnews.com](http://www.pediatricfeedingnews.com)
- ▶ [www.feedingmatters.org](http://www.feedingmatters.org)
- ▶ [www.yourkidstable.com](http://www.yourkidstable.com)
- ▶ [www.sensationalbrain.com](http://www.sensationalbrain.com)
- ▶ Ernsperger L., Stegen-Hanson, T. (2004) Just Take A Bite. Future Horizons: Arlington, TX
- ▶ Toomey, K. (2007) Picky Eaters vs. Problem Feeders: The SOS Approach to Feeding. Toomey and Associates Inc. Denver, CO