

# Feeding Intensive Therapy Program





## **What is the Feeding Intensive Therapy Program?**

This is an intensive therapy program designed to increase a child's oral intake and variety of preferred foods in order to promote a healthy diet and improve participation in family mealtimes.

This program would be beneficial for children with a variety of feeding difficulties.

## **Our Mission:**

- We believe children should have a life long healthy relationship with food.
- We believe family mealtimes should be enjoyable for everyone involved and that each member of the family has a role in mealtimes.
- We believe a comprehensive approach using responsive feeding techniques in addition to oral motor, sensory, and behavioral strategies are most effective, and each approach should be individualized to the child.
- We believe therapy should be fun and should resemble a natural feeding environment.



# The Process

The intensive begins with a comprehensive OT or SLP feeding evaluation with the development of specific goals tailored to each child's needs.

Intensive feeding therapy will be provided during 2 meals per day over the course of 2-3 weeks. This includes four days of face-to-face therapy and a fifth day of teletherapy in the home. Teletherapy provides the opportunity to problem solve through difficulties with implementation of home programming and consider further recommendations in the child's natural environment.



# FEEDING SPECIALISTS

Your child will be paired with either an OT or SLP feeding specialist based on your child's current needs.



An Occupational therapy feeding intensive is designed for those patients who have a limited diet, are picky eaters, have oral motor difficulties, or who have sensory concerns.



A Speech therapy feeding intensive is designed for those patients who have dysphagia, swallowing concerns, or a medically based feeding issue.

Each child will receive one-on-one individualized treatment with a feeding specialist incorporating responsive feeding, sensory, oral motor, and behavioral approaches.



Throughout the intensive, caregivers will be involved in order to replicate a natural feeding environment. Caregivers will be provided extensive education for carryover at family mealtimes.

# Commonly Used Feeding Tools

- Honey Bear Cup
- Nosey Cup
- Reflow Cup
- Nuk Brush
- Z-Vibe
- Chewy Tube



Recommendations for tools and equipment will be made specifically for your child.

# Feeding Seating Systems

At TOTS we utilize specialized seating systems:

- R82 Wombat
- Rifton Activity Chair
- Tripp Trapp Chair



These seats are specifically designed to provide a safe and supportive seating position to allow an optimal feeding environment

# Outcomes of Feeding Intensive Therapy Program



- Increased variety in diet
- Progression of food consistency
- Increased oral intake
- Improved oral motor skills needed to chew or drink from an open cup/ straw
- Improved efficiency with feeding
- Increased independence with self-feeding
- Decreased g-tube dependency
- Reduced stress at family mealtime
- Enjoyment with eating
- Healthy relationship with food



Upon completion of the feeding intensive program, families will be provided with an individualized home program in order to maintain and further promote a happy and healthy lifetime relationship with food.

# Contact Us

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