



ALL ABOUT SPEECH & LANGUAGE

Signs That Your Child May Benefit from Feeding Therapy

What is Feeding Therapy?

Feeding therapy is a form of intervention which targets a child's oral motor skills and food difficulties. At All About Speech & Language, our Speech Language-Pathologist and Occupational Therapy teamwork with those who are experiencing difficulty with feeding. This form of therapy can be used to work on a variety of concerns such as difficulty drinking out of an open cup/straw, avoidance of unfamiliar foods/groups, gagging or choking after/during mealtime, mealtime related stress with families, etc. Following a feeding evaluation, our team will conduct evidence-based treatment to strengthen the child's relationship with foods, reduce food aversions, and increase the child's food inventory as needed.

You may want to explore feeding therapy if you consistently see any of the following...

- Is the child having difficulty opening packages?
- Are you consistently helping the child drink out of a cup or straw?
- Does the child seem to only eat from one food group?
- Does the child only prefer certain textures of food?
- Does the child seem to only prefer beige foods i.e., crackers, chips, etc.?
- Does the child become upset if their hands get messy while eating or have to wipe their hands constantly throughout the meal? (You may see this during arts and crafts as well.)
- Does the child avoid interaction with others during a meal?
- Does the child eat minimal amounts of food because they don't have the fine motor skills to open packages?
- Does the child prefer to use their hands instead of a utensil?
- Does the child cough or gag during, and or/after eating?
- Does the child vomit during, and or/after eating?
- Does the child have a food inventory of less than 20 foods?
- Does the child have sensitivity to certain smells or flavors of foods?

Our team of highly skilled Speech-Language Pathologists and Occupational Therapists are available to answer any questions you may have regarding your child's feeding concerns. Please contact our offices at 813-616-4004 or email info@aspeech.com to schedule an appointment or to gather more information.