

FEEDING SKILL DEVELOPMENT

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Course Objectives

- Develop an understanding of typical feeding skill development
- Develop an understanding of what foods to offer and when and appropriate amounts through the developmental stages
- Develop an understanding of appropriate mealtime behaviors

Breast Feeding Newborn



- Infant eats every 3-4 hours
- Stays active at the breast in sucking for 8-15 minutes
- Eats 6-8 times through a 24 hour period
- Provide opportunities to drink from the bottle after 4-6 weeks of almost exclusive breast feeding, especially for working moms who may need to bottle feed when they return to work

Bottle Feeding Newborn



- Eats 6-8x daily every 3-4 hours
- Drinks 2-4 ounces per feeding
- Newborns with cleft palate will need to be bottle fed with special nipples to compensate for lack of suction
- Babies whose mothers hold the bottle throughout the ages have an easier time transitioning away from the bottle.

Newborns

- Physiologic flexion of the newborn helps them have a more effective and efficient suck
- The newborn has a “true suck” with negative pressure allowing suction and pull from the breast or bottle, good lip closure, little tongue movement
- Establishing good mealtime schedule is important
- They may need to be awakened for feeds to ensure they get enough to eat
- Discourage putting to the breast to pacify

2 month old

- By 2 months the baby has moved to a suckle pattern where tongue moves in and out (forward and back), the jaw opens wider, the mouth is more open.
- The 2 month old has less physiologic flexion and less muscle tone which impacts the efficiency of suck.
- Increased fluid loss may occur
- Many infants have increasing amounts of reflux at this age
- Infant drinks 2-6 ounces per feed every 3-4 hours

4 month old

- As the baby develops a balance between flexion and extension of body movements, from tummy time/rolling/ and play on their back, they experience new oral movements.
- Oral exploration from hand to mouth and toys to mouth helps move the gag back in the mouth
- Infant uses a suck/suckle pattern (up down and forward backward movement of tongue)
- Drooling may be increasing with more open mouth position, toy/hand exploration
- Drink 35 ounces of breast milk or formula daily

6 month old

- Base of tongue and jaw are more stable due to the infants improved postural stability
- Cheeks and lips are more active in breast and bottle sucking
- Strong suction for sucking

Beginning Spoon Feeding



- The infant is most successful with spoon feeding when they can sit almost independently (typically 5-6 months)
- Reclining high chairs with support added are the best positioning devices for new spoon feeders
- 1st or 2nd stage foods offered 1-2 times daily, adding a new food every 3-5 days. Breast fed infants may need cereal for additional iron.
- Its not about amounts but rather positive meal experience
- Limit distractions at mealtimes and feedings should last about 5 minutes

Children with special needs



- Tastes of 1st or 2nd foods from Ark Therapeutics Propreefer, base of Tossables spoon or caregivers finger at the sides of mouth
- Provide more support in caregivers arms or in reclining high chair with additional supports added

8 month old

- The 8 month old is now sitting with much better balance due to lateral weight shifts through the trunk. This allows the support needed for lateral tongue and jaw movements for placement and retrieval of food by the sides of the mouth
- Tongue can move freely from jaw (they don't need to move as a unit).
- More coordinated movements of the mouth
- Eating every 3 hours from the bottle or breast
- Taking 30-35 ounces of formula or breast milk
- 2-3 offerings of 2nd foods with hard muncheable offered AFTER breast or bottle feeding
- Mealtimes free of controllable distractions (TV, music, toys)
- Feed baby when caregiver has the time to commit and when baby is happy, interactive , not too tired

What solids and when?



- Begin with Hard Muncheables at 8 months of age (developmentally)
- These are hard items that an infant can hold and are for exploration only.
- Raw full size carrots, jicama, celery, biter biscuits, bagel strips, biscotti, zwieback toast

- Match food choices to child's skills and the strength of chew/teeth they have-Advancing too quickly can contribute to more frequent gagging, packing of food in cheeks, spitting foods out and food refusals
- Match tastes with child's age but modify texture to match skill

9-10 months



- Offer meltable solids and soft cubed type foods along with some smooth foods but keep textures separate. (NO 3rd FOODS)
- Bits of Fruit bars (like nutragrain), muffins, moist fruit breads, veggie booty, mandarin oranges, gerber toddler fruits or veggies or just canned fruits or veggies, overcooked squash or sweet potato

CHEERIOS



- Not the best first food and when trying them remember to take them out of container.

9-10 months

- Begin moving away from 2nd foods to foods of increased taste but the same smooth texture as part of the meal. Examples: Hummus, mashed potato or sweet potato, smooth yogurts, ricotta cheese, pasta sauce
- While the child may want to become more independent with meals it is still important to feed the child some bites of their meal
- The caregiver should be encouraged to end the meal rather than the child. “Last bite”
- Child remains seated at belted high chair or booster
- Not too many different foods- a smooth and a finger food at this age

Cup Drinking



- Offer cup when an infant can sit well without fear or concern when tipped back and have hands free without falling.
- Which cup?
- Why not a open top cup with thickened liquids?
- Thickened liquids control the flow so the baby does not feel flooded

Honey Bear or Tint Bottle with thickened liquid (thicken with yogurt)



Commercially available cups



- Who is a sippy cup best for?
- For a child that needs to take a drink try drinks from a straw from a container that you can squeeze.

9-10 month old

- The meal should consist of 1-3 tablespoons of smooth pureed food, 1-2 tablespoons of the same finger food and a cup of thickened liquid. Don't overwhelm a baby this age with too many choices.
- Try not to offer the same foods within the same day
- The caregiver selects the daily meals...not the baby.
- Offer spoon food/finger foods with cup 3 times per day
- They continue to need 30 ounces of breast milk or formula as this continues to be their primary source of nutrition.
- Meal times should last about 5-10 minutes and caregivers should be eating along with their babies.

Offered every 3 hours with NO INBETWEEN MEAL DRINKS OR SNACKS

12 month old

- The 12 month old has exceptional motor skills. They can sit with a variety of patterns. They use rotation in reach, play and transitions. They can creep to toys, pull to stand and cruise furniture. These dynamic skills provide the base of support and postural stability needed for refined and isolated control of oral motor skills.
- Increased tongue tip control
- Greater jaw control in all planes of movement.
- Drooling rarely occurs except when teething and during new skill mastery.

12 month old

Cup Drinking

Intake is well coordinated with respiration

May bite on cup edge to provide more stability and may begin sucking from straw

12 Month Old Solids

- They can clean lips with tongue
- They sustain and control bite pressure on solids
- Transfer food from side to side
- Transfer food from center to side
- Precise and spontaneous lateralization of food to biting surface

12-13 Month Old Diet/Schedule

- Meals and Snacks should be every 3 hours /5 times a day
 - Seated at Table in buckled booster or high chair
 - Provide 1 tablespoon of each of the following for each year of age along with 4-6 ounces of whole milk from a cup
 - Protein: Yogurt, Mashed Beans/Lentils, Lunch Meat, Cheese, Meatloaf, Meatballs, Quartered Tofu Dogs
 - Starch: Toasted Wheat Bread Strips, Pancakes/Waffles, Pasta, Potato, Sweet Potato, Veggie Booty, Veggie Straws, Fruit Breads,
 - Fruit or Veggie: Avacado, Mandarin Oranges, Fruit sauces, fruit cups, berries, melons, bananas, canned green beans, frozen peas and carrots (some kids love these cold),
- (Or other soft to semi soft solid that can be broken down without strong chewing)

12 Month Old

- Limit Mealtime distractions
- Continue to encourage the caregiver to offer child some bites from the spoon or fork
- Encourage the provider to end the meal rather than the child.
- Have the meal ready and then place the child in their high chair.
- Always provide one food favorite, never a whole meal of new things
- Eat with the child-Modeling mealtime behavior is essential
- Caregiver selects food items

Weaning from Breast or Bottle

- When can a child wean?
- Dependent on mothers desire
- When they can drink the same amount from the bottle or cup
- The last bottle/breast feeds to be taken away are 1st the nap and 2nd the pre-bedtime feed as the baby is still using these to calm and quiet before falling asleep.

12-24 months

- The child practices eating new foods and continues to develop and refine skills
- Mostly eats with fingers but as they practice and explore utensil use they will gain more skill and be less messy
- Develop a consistent schedule for mealtimes
- Have family meals at least 1x per day
- Offer new foods while always having one sure thing on the plate
- Explore mealtimes with all the kids you see to assist the child and family expand meal choices and develop happy mealtimes