Feeding Programme

THEOTOKOS FOUNDATION

Ioanna Karavangeli, MSc Speech and Language Therapist

Feeding Definition

Feeding procedure includes the preparation of the oral cavity to receive food and fluids for chewing, puffing and swallowing

Feeding Disorders

- Pediatric Feeding Disorder" (PFD) is defined as impaired oral intake that is not age-appropriate, and is associated with medical, nutritional, feeding skill, and/or psychosocial dysfunction

- Dysphagia is difficulty in swallowing

Aims of feeding Programme

- To provide good nutrition in order to support the development of healthy body and brain
- To develop the necessary sensory motor abilities in children, in order to achieve safe and effective nutrition

When a child is referred for feeding therapy

- Weight loss or difficulties maintaining normal weight
- Limited repertoire of foods
- Poor muscle coordination in mouth and body
- Leaking of liquids
- Overselectivity towards the person that feeds, the equipment, the texture/colour/taste of foods
- Family meals last more than 30' minutes
- Increased parent's anxiety

Outline of the Feeding Programme

- One to one sessions
- 30’ minutes session
- Therapy room or during meal time in the classroom
- Multidisciplinary work (speech and language therapist, occupational therapist, psychologist)
- Specialized in Sensory- Motor Approach to Feeding
- Approximately 3-6 months blocks of feeding therapy sessions
- Frequency of feeding therapy session 2-3/week
- Parent’s training

Feeding Therapy

- Assessment (interview with parents, questionnaires, video, clinical examination)
- Setting individualized aims
- Intervention (pre-feeding, feeding programme)
- Training teachers/parents

Pre- feeding programme

- Child's level of arousal
- Sensory motor skills development for the support of the child's positioning during feeding
- Oral sensory motor skills development for the support of food and fluids intake

Feeding Programme

- Position
- Food Choice/ Sensory Diet, Texture, Temperature, Size, Shape of Bolus
- Utensils
- Placement of foods
- Support

Challenges of Feeding Therapy

- 30’ minutes session
- Preparation of meals
- Parent’s commitment to send the necessary equipment and the target food
- Limited number of children participate in the programme
- Supporting parents in using the techniques during COVID-19

Thank you!!!

Ioanna Karavaggeli
Ikaravaggeli@theotokos.gr