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### Pediatric Feeding Therapy at it's Finest: A Comprehensive Approach

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# Pediatric Feeding Therapy at it's Finest: A Comprehensive Approach

Shelby Anderson, OTD/S



## Sprocket Therapy Solutions

### Mission & Vision:

“To enhance patients’ & their families’ quality of life, thereby contributing to the overall health & general wellbeing of the community.”

“To educate, support, & encourage patients & their families in a collaborative environment.”



## Outcomes

- Observed & assisted with feeding therapy sessions alongside expert mentor & feeding specialist, Barb Talbert
- Gained advanced knowledge in this niche area via online workshops, courses, books, therapist expertise, & other resources
- Assisted with the planning & implementation of toddler “cooking classes,” designed to introduce children from a young age to various nutritious foods through play-based food preparation experiences.
- Created a *Feeding Screening Checklist* for a generalist OTR/L to use to screen for pediatric feeding difficulties, & if indicated, to refer to a feeding specialist
- Created a mixed qualitative-quantitative survey for healthcare stakeholders to determine the rate at which they interact with families of children experiencing feeding struggles, their perceptions, & how they educate & refer families to specialists.
- Created *A Parent’s Guide to Feeding Therapy – Mealtime Tips* (Figures 1 & 2).

Figure 1

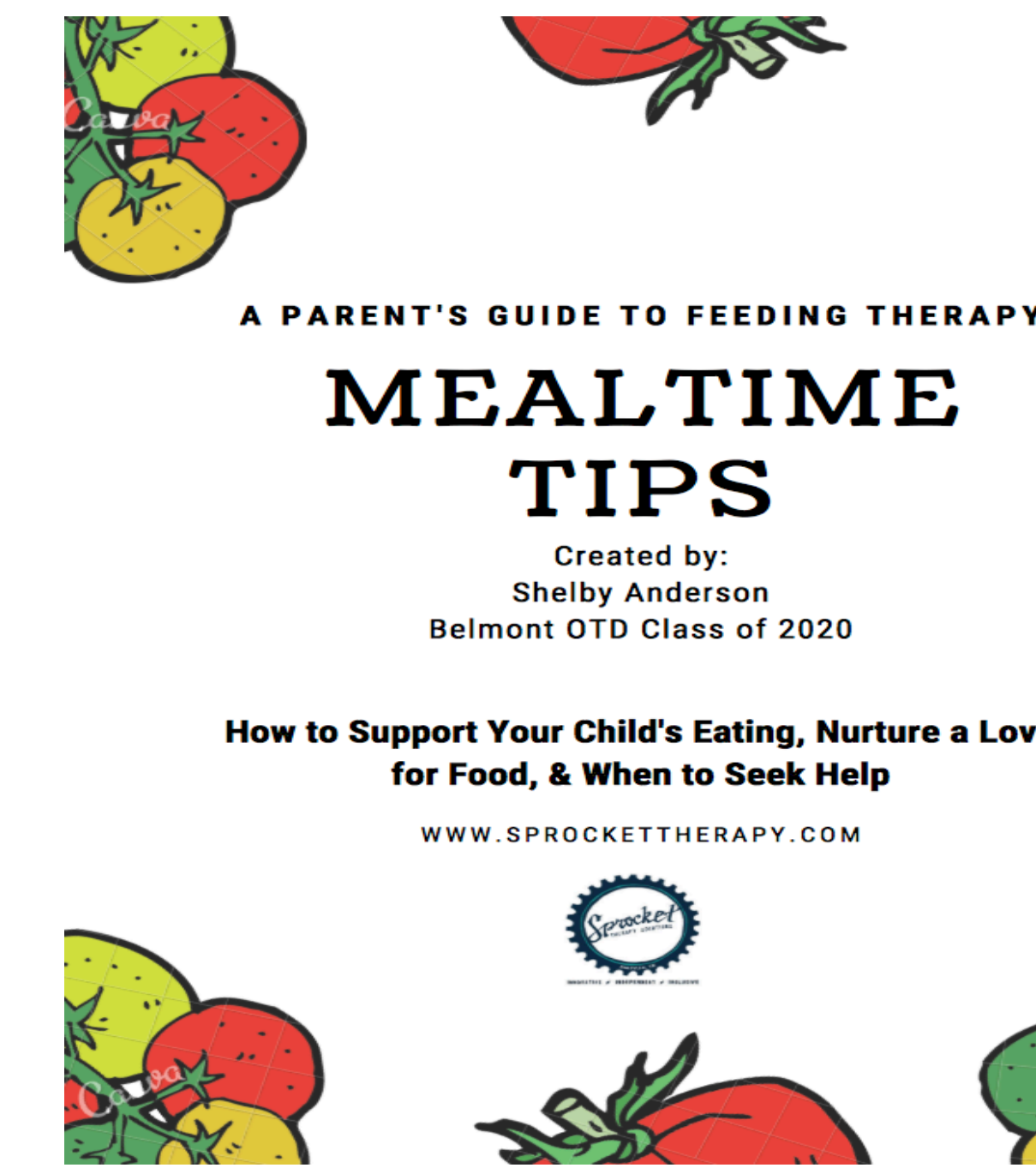
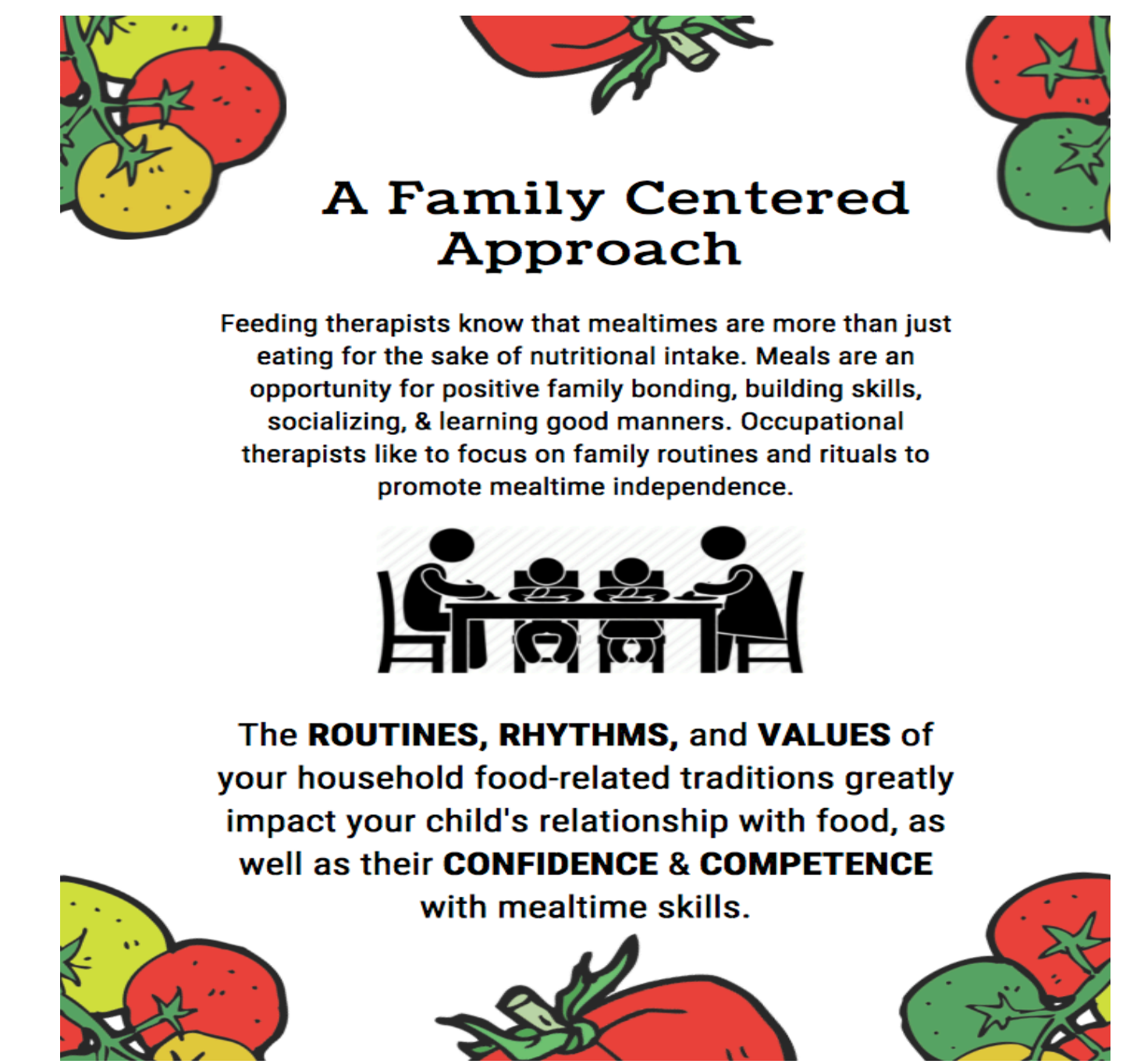


Figure 2



## Identified Needs of the Agency

The importance of advocacy & interdisciplinary collaboration to address pediatric feeding issues

The importance of educating caregivers & parents of children with pediatric feeding issues

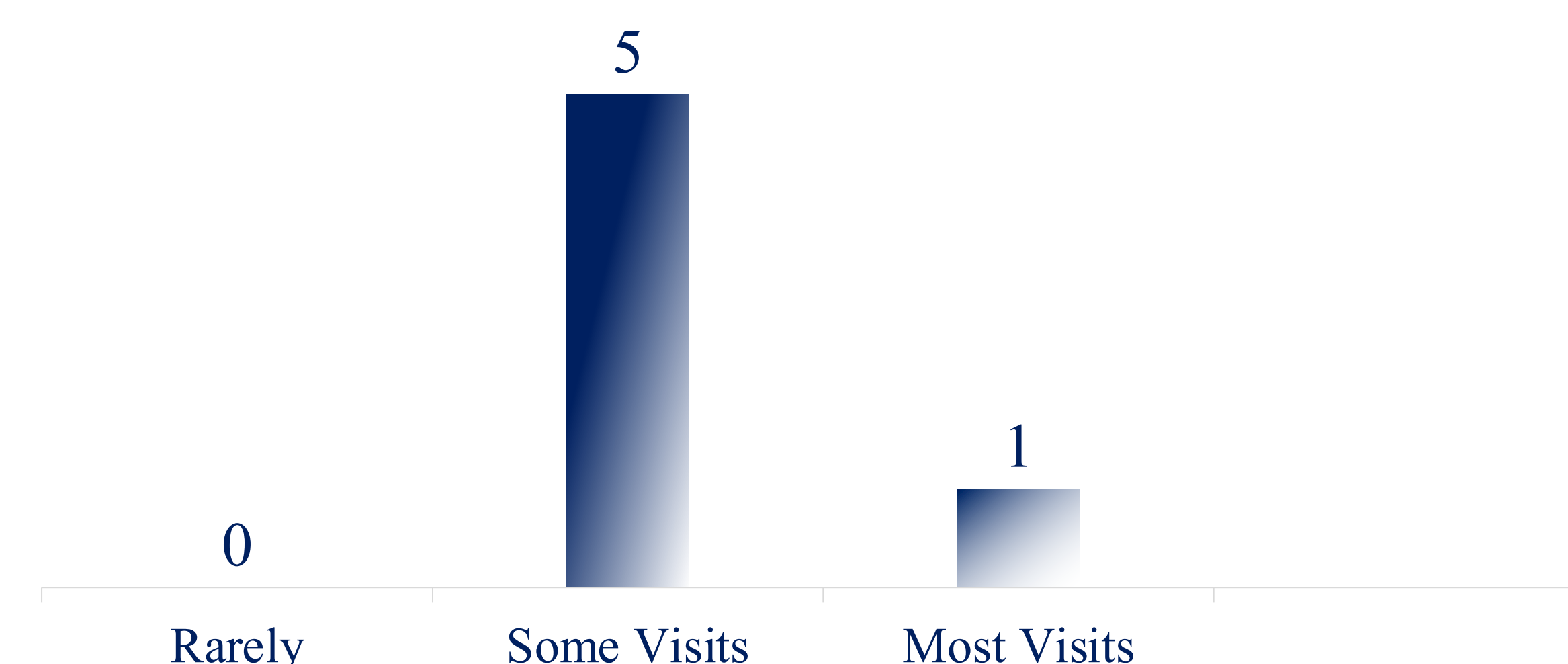
Early detection & screening of pediatric feeding disorder

## Stakeholder Reports

In your opinion, what warrants pediatric feeding therapy?

- “When it involves poor weight gain or sequela to poor eating habits”
- “Tongue-thrust swallow pattern that is not resolved with my recommendations for at-home exercises”
- “Picky eating with poor weight gain with refusal, oral aversion”
- “Failure to thrive”
- “Poor weight gain secondary to behavior or mechanical problems as in premature infants or those with chronic GI problems”

How often do concerns with eating habits and/or picky eating come up at check-ups?



## Toddler Cooking Class



## Acknowledgements

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- To understand of the role of occupational therapy in pediatric feeding therapy through scholarship & immersion in the setting.
- To decrease caregiver gaps in knowledge through creation & provision of educational materials.
- To determine perceptions of other healthcare professionals surrounding pediatric feeding issues & facilitate interprofessional communication between various stakeholders.
- To increase personal & professional development in communication, adaptability, & initiative.