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Addressing challenges in solid food transitioning in infants

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Addressing challenges in solid food transitioning in infants

Stephanie Gonyea, OTD/S School of Occupational Therapy, Belmont University In collaboration with Elements, LLC

This presentation is in partial fulfillment for a Doctoral Degree in Occupational Therapy



Elements Mission

- To provide patients and families with innovative, practical therapy solutions to maximize functional gains.
- To educate, support, and encourage patients and their families in a collaborative environment.
- To enhance patients' and their families' quality of life, thereby contributing to the overall health and general wellbeing of the community.
- To build bright, substantial futures alongside patients and their families.

Elements, LLC

Element's child development specialists is a team of occupational therapists with expertise in addressing a myriad of challenges including those pertaining to:

- Infant development
- Infant feeding
- Oral motor skills
- Tummy Time! Method
- Lip/Tongue Ties
- Sensory integration
- Visual Motor Skills
- Primitive Reflex Integration

Families have the option to participate in individual and/or group therapy sessions.

Identified Need

As a growing group of professionals, I was presented with the opportunity to market the services provided by Elements, LLC through an occupational therapy lens. In addition to creating marketing materials to highlight Element's services, I connected with local pediatricians to advocate for the role of occupational therapy in addressing feeding concerns, specifically the transition to solid foods. I provided these offices with a deliverable for the families they serve to address possible challenges associated with transitioning their baby to solid and to promote Element's expertise in supporting feeding development in young children.

Goals of EC

- Complete a comprehensive literature review to determine best practice for infant feeding practices through the lens of occupational therapy
- Develop a deliverable geared towards parents to address infant feeding challenges and generate an increased number of referrals for Elements child development specialists.
- Connect with pediatricians in the local Nashville area to
- Advocate for the role of occupational therapy in infant feeding practices
- Provide practices with deliverable geared towards parents to address infant feeding concerns, specifically when transitioning to solid foods

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- Barb Talbert of Sprocket Therapy Solutions, LLC
- Natalie Udwin of Sprocket Therapy Solutions and Elements, LLC
- Desiree of Sprocket Therapy Solutions
- Dr. Sue Illiff of Belmont University

References

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Outcome /Deliverable



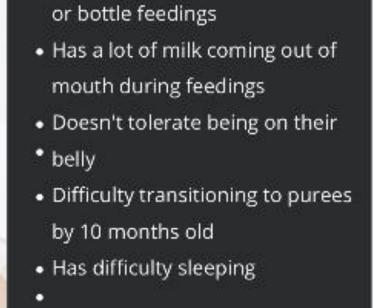
The American Academy of Pediatrics recommends that babies begin trying solid foods when they're around 6 months old.
However, every baby is different!

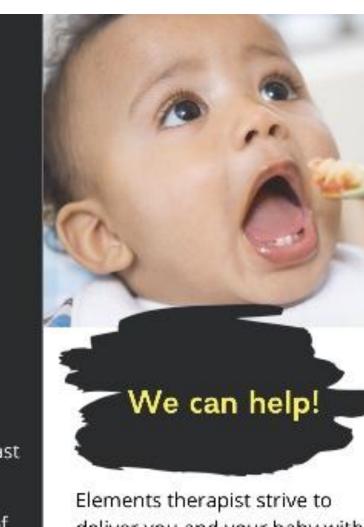
Before your baby begins eating solids, they will need to be strong enough that they can begin sitting up on their own with a bit of support, maintaining good posture and head control. From here, your baby will be able to develop independent feeding skills.











deliver you and your baby with quality family-centered care when addressing your baby's feeding concerns. We will take a look at the way your baby sleeps, moves, plays, and eats and help form a plan to support their ability to eat solid foods through developmentally appropriate activities and caregiver education.