

Description

- Developmental, sensory or motor disabilities that limit eating, chewing, swallowing or that require a tube feeding
- Such as: pervasive development disorder (delay in socialization & communication, includes autism), birth injury, head trauma, brain damage

Assess Readiness for Change: with open ended questions

- “xx (i.e. autism) can affect a child’s eating. What changes have you noticed in Sam?”
- “What changes have you made in what you offer/serve Sam’s due to his xx (i.e. autism)?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
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<p>Not ready →</p> <p>“We let him eat what he wants. He is a picky eater but he does fine in the end.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “With autism, being picky is sometimes different than in other children. It can be because a certain foods or textures upset them. What foods is Sam picky about?” • “What are your concerns about his eating?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he has xx (i.e. autism) which can affect his eating. You mentioned he refuses to eat raw vegetables. Would you like to talk about ways to get vegetables in his diet?” • High risk, refer to RD • Knowledge: gluten and casein free diet is controversial, if used assure adequate fiber, vitamin and mineral intake; other non-proven causes of autism include immunizations and food allergies
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Record Plan or Goal	Mom feels she is able to get him to eat so not worried about low vegetable intake. Re-assess variety next appointment.
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<p>Unsure →</p> <p>“He sees a therapist every week. So I try to follow what she tells me to do.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “What kinds of things did she suggest you do at mealtime?” • “On a scale of 1-10, how difficult is mealtime for the family?” • “How do you feel about the suggestions the therapist has made?” 	<ul style="list-style-type: none"> • Treatment involves a team (therapist, PT, OT, Dr, RD) • Feeding problems may involve: <ul style="list-style-type: none"> ○ Difficulty chewing, swallowing ○ Food aversions ○ Tube feedings ○ Medication side affects ○ Weight loss, poor nutrition • WIC can support with referrals, and basic nutrition ed
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Record Plan or Goal	Mom working on variety as child has only 5 accepted foods. Prefers to work with OT. Re-asses next appointment.
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<p>Ready →</p> <p>“Meals are stressful. He sometimes throws his plate.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “What have you found triggers him to get upset at mealtime?” • “How can I best assist you and stay within the guides his therapist has for the family?” 	<ul style="list-style-type: none"> • “So it sounds like strawberries are a favorite food. He may be more likely to accept a new food if it also has a similar strawberry flavor. What do you think about trying strawberry yogurt?”
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Record Plan or Goal	Mom to try new foods by adding related items. Plans to offer strawberry yogurt first. Assess acceptance next appointment.
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Education Resources	<p>http://www.cdc.gov/ncbddd/index.html Resource- CDC- links to National Center Birth Defects & Developmental Disabilities</p> <p>http://www.cdc.gov/ncbddd/actearly/index.html Resource- CDC- Developmental milestone charts</p> <p>http://www.ninds.nih.gov/disorders/pdd/pdd.htm Resource- Pervasive Development Disorder</p> <p>http://www.cdc.gov/ncbddd/autism/index.html Resource- Autism</p>
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