

- Description**
- Often feeds inappropriately for child’s developmental stage:
 - Missing hunger cues, using foods of inappropriate texture/size/shape, not allowing self feeding

Assess Readiness for Change: with open ended questions

- “You mentioned you spoon feed Sam instead of letting him feed himself, tell me more about that?”
- “What are your thoughts about how meal time is going? (How many different entrees/main dishes do you cook? Eating at the table?)”

Discussion, Counseling and Education

| If the answer is: | Try Counseling Strategies | Try Education |
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| <p>Not ready →</p> <p>“He just likes me to feed him. It’s our time.”</p> <p>Raise awareness & personalize change</p> | <ul style="list-style-type: none"> • “Mealtime should be family time. How well does he eat if you don’t spoon feed him and you let him feed himself?” • “How would you feel about not hand feeding him as often?” | <ul style="list-style-type: none"> • “Mealtime is a time for children to learn and develop. Allowing them to feed themselves helps them gain motor skills (like picking things up) and learn how much to eat (learning when they are hungry or when they have had enough). What other things do you do to spend time together?” |
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| Record Plan or Goal | Mom wants to feed him. Not concerned about learning self eating. Check readiness next appointment. | |
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| <p>Unsure →</p> <p>“I do that so he will eat what I cook. I don’t have time to make him something different.”</p> <p>Raise awareness & confidence & identify barriers to change</p> | <ul style="list-style-type: none"> • “It sounds like you cook him special meals. Parents are responsible for offering healthy meals. It is the child’s choice to decide how much to eat. What do you think about only offering what you are serving the rest of the family?” • “On a scale of 1-10, how concerned are you that Sam would not eat enough if you didn’t make him what he wants?” | <ul style="list-style-type: none"> • Children should eat based on their appetite • Controlling intake may interfere with the child’s ability to learn to control their own intake • Parent to offer nutritious choices, child to decide if and how much to eat • Self feeding milestones: <ul style="list-style-type: none"> ○ Continued progression infancy’s puree to finger foods (manage most food types by age 2yr) ○ Routine cup use by 15mo (may still spill) ○ Ability to put food in own mouth 16-17 mo ○ Ability to use spoon mostly 18-24 mo |
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| Record Plan or Goal | Mom unsure can deal with mealtime battles. Plans to continue to feed him when he doesn’t eat. Re-assess next appointment. | |
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| <p>Ready →</p> <p>“He choked on a hotdog. I am scared. So I feed him.”</p> <p>Help plan change-support</p> | <ul style="list-style-type: none"> • “That sounds like a scary experience. Hot dogs are a common food that causes choking. What other problems has he had chewing or swallowing?” | <ul style="list-style-type: none"> • “We would recommend holding off on hotdogs until he is older. Other foods that cause choking are popcorn, grapes and raisins. Choking may happen more often when the child is walking around with food so we would suggest he sit when eating.” |
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| Record Plan or Goal | Mom more aware of choking hazards. Will have eat all food at the table. Check if further food issues next appointment. | |
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| Education Resources | <p>http://www.speechlanguagefeeding.com/feeding-milestones-for-children/ Resource- <i>Feeding Millstones</i></p> <p>http://www.childdevelopmentinfo.com/development/normaldevelopment.shtml Resource- <i>Stages of Development</i></p> <p>http://www.aap.org/healthtopics/stages.cfm#early Resource- <i>AAP Developmental Milestones</i></p> <p>http://www.nal.usda.gov/wicworks/Sharing_Center/WA/intro_foods.pdf Handout (long)- <i>Feeding family food to baby</i></p> |
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