



Home Program for Feeding

Routine:

- I. The Beginning**
 - a. Everyone washes and dries their hands
 - b. Pass out the eating utensils (spoon, fork, and knife)
 - c. Everyone takes their own portion of food
- II. Eating/Feeding**
 - a. Start by going through the steps needed to accept foods
 - b. Be sure to give positive reinforcement to all interaction with food. Examples; clap, cheer, make comments, give praise, give a touch.
 - c. Never force anyone to eat
- III. Clean up (The end)**
 - a. Consistently use a verbal signal such as, "Time to clean up", "We are all done", "Snack time is over", etc.
 - b. Everyone helps clean up by throwing out any left over food, any napkins, paper plates and/or cups
 - c. Everyone helps wipe/clean off the table
 - d. At the very end everyone is to wash and dry their hands

Details:

- I. Do this daily**
 - a. Choose at least one time during the day to include the above routine. It is suggested to start with a short routine at first. Snack time is good time to introduce this concept at home because it is usually easier to accomplish.
- II. Follow the Steps in order** (see handout). You may discover that your child has independently moved to the next step by themselves.
- III. Give Positive Reinforcement at each step of the process.**
 - a. Reinforce what your child already can do and then increase the praise according to the level of your child's accomplishment.
- IV. Your participation is required**
 - a. Be sure that you are also eating and modeling what the next step is. While eating you want to describe how the food tastes (sweet), the texture (crunchy), the color (red), and even the temperature (hot, cold, warm, etc.)
- V. What happens if we get stuck on a step?**
 - a. Get creative and find a different way to accomplish the step. For example
- VI. What if we are still stuck?**
 - a. If you have tried three times and failed then go back to the last successful step. Give praise for their participation. At this point you can either clean up or introduce a new food.