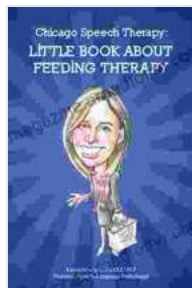


# Chicago Speech Therapy: Your Guide to Feeding Therapy for Little Ones



Feeding therapy is a specialized form of therapy that helps infants, toddlers, and young children develop the skills they need to eat safely and efficiently. It can address a variety of feeding difficulties, from picky eating

to more complex medical conditions. If you're concerned about your child's feeding habits, speech therapy can help.



## Chicago Speech Therapy: Little Book About Feeding Therapy

by Karen George

★★★★★ 5 out of 5



### What is Feeding Therapy?

Feeding therapy is a type of therapy that focuses on helping children develop the skills they need to eat safely and efficiently. It can address a variety of feeding difficulties, including:

- Picky eating
- Food aversions
- Difficulty chewing or swallowing
- Gastrointestinal problems
- Medical conditions that affect feeding

Feeding therapy can help children learn how to:

- Tolerate different textures and flavors
- Chew and swallow safely
- Develop healthy eating habits
- Gain weight and grow properly

## **Who Needs Feeding Therapy?**

Feeding therapy can benefit any child who has difficulty eating. Some common signs that your child may need feeding therapy include:

- Difficulty latching on to a bottle or breast
- Gagging or choking on food
- Refusing to eat certain foods or textures
- Losing weight or not growing properly
- Having difficulty chewing or swallowing

If you're concerned about your child's feeding habits, talk to your doctor or speech therapist. They can evaluate your child and recommend the best course of treatment.

## **What Happens During Feeding Therapy?**

Feeding therapy sessions typically take place in a clinic or hospital setting. The therapist will assess your child's feeding skills and develop a treatment plan that is tailored to their individual needs. Therapy may include:

- Exercises to improve oral motor skills

- Sensory play to help your child explore different textures and flavors
- Graded exposure to help your child tolerate different foods
- Mealtime coaching to help you and your child develop healthy eating habits

Feeding therapy can be challenging, but it can also be very rewarding. With patience and perseverance, your child can learn how to eat safely and enjoyably.

### **Benefits of Feeding Therapy**

Feeding therapy can provide a number of benefits for children, including:

- Improved nutritional status
- Increased weight gain and growth
- Reduced risk of choking and other feeding-related accidents
- Improved oral motor skills
- Increased enjoyment of eating

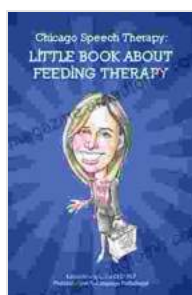
Feeding therapy can also help children develop social skills and improve their overall quality of life.

### **How to Find a Feeding Therapist**

If you're interested in feeding therapy for your child, talk to your doctor or speech therapist. They can recommend a qualified feeding therapist in your area.

When choosing a feeding therapist, it's important to find someone who is experienced and qualified. You should also make sure that the therapist is a good fit for your child and your family.

Feeding therapy can be a valuable tool for children who have difficulty eating. It can help them develop the skills they need to eat safely and enjoyably. If you're concerned about your child's feeding habits, talk to your doctor or speech therapist about feeding therapy.



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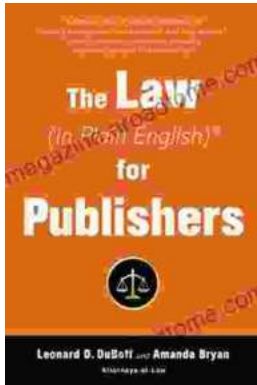
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