

Therapy Feeding Plan

Name: Coalson

Date: 3/26/15

Therapist & Pager: Abby (Speech) abby.mathews@cchmc.org, Laura (OT) laura.kohus@cchmc.org

Specific Feeding Instructions

Position: In upright position in high chair or on someone's lap

Current Schedule: Continuous feeds with two 2 hour windows a day.

Coalson is currently receiving his required nutrition through his feeding tube. He is allowed two oral feeding trials per day (during his 2 hour windows). This allows him to try to eat by mouth in order to keep up his skills. It is important to keep this feeding experience positive. Below are some tips to support Coalson with oral feeding.

- It is best to feed Coalson approximately 1 ½ hours into his window.
- You can offer tastes of formula or puree on a spoon or teething toys. (You could also place puree on high chair tray).
- The goal is to have positive oral experiences rather than focusing on volume.
- Coalson will let you know when he is finished. His cues include pushing the spoon away, turning his head, or closing his lips.
- Coalson prefers to feed himself. You can help reduce his negative association by allowing him to explore the utensils on his tray.
- It is also OK to offer dry spoon and sippy cup to allow him to explore.
- Stay within 30 minutes of feeding time. However, you can stop sooner if needed.

Contact us with any questions! Thanks!