

Feeding and Mealtime Support



Changes in routine, internal stress, and underlying motor or sensory challenges can impact your family's daily life.

Children are having increased difficulties with feeding and mealtime skills.



Infants: Breast/Bottle Feeding

Additional hurdles include:

- Stressful hospital experience for a newborn
- Caring for an infant while juggling work from home or schooling other children

Feeding challenges include:

- Ineffective latching or suck pattern
- Coordinating the breathing pattern
- Coughing or gagging
- Tiring too quickly
- Transitioning from breast to bottle
- Oral motor or sensory difficulties

Children: Mealtime Struggles

Be on the lookout for:

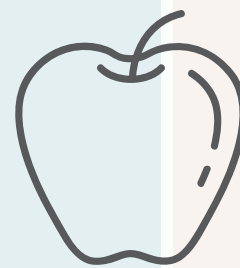
- Aversive responses - such as gagging, vomiting, or pain/discomfort
- Refusal responses - such as tantrums, pushing away, screaming, or even panic
- Difficulty with chewing or swallowing
- Increased messy eating
- No longer eating previously preferred foods
- Requiring foods different from the typical family meal
- Takes longer to finish a meal
- Other risk factors - such as prematurity, reflux, or allergies



How We Can Help

CPT therapists use a wholistic approach:

- Identify effective positioning solutions
- Improve motor skills of the mouth
- Promote Suck-Swallow-Breath synchrony
- Problem solve your child's specific difficulties
- Educate you on possible solutions
- Assess underlying motor and sensory skills
- Analyze patterns of behavior
- Integrate feeding and mealtime activities into your daily life



Telehealth Appointments Available for your Safety

Parent responses to our feeding/mealtime telehealth has been so positive!

Let our therapists help you navigate the sensitive and complicated world of having a child with feeding difficulties.

Our aim is to make mealtime a more enjoyable experience for the family.



Supporting children where they live, learn, and play.

Darien • Fairfield • Wallingford

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