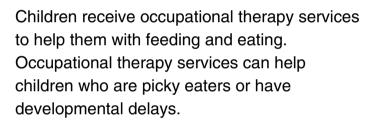


Occupational Therapy Services for

Feeding and Eating



Occupational therapy practitioners work with children to help them:

- Participate in family and school mealtime routines
- Drink from straws and cups without spilling
- Use forks, knives, and spoons
- Increase the amount of food they eat
- Eat a variety of food textures
- Try new foods
- Strengthen the muscles of the lips and mouth to help with drinking and chewing
- Cope with stress and emotions during mealtimes
- Eat in new settings, like restaurants
- Use manners



What You Can Do



Ask yourself if your child needs help with feeding and eating



Ask your child's pediatrician for occupational therapy services

Reference: Gronski, M., & Doherty, M. (2020). Interventions within the scope of occupational therapy practice to improve activities of daily living, rest, and sleep for children ages 0–5 years and their families: A systematic review. American Journal of Occupational Therapy, 74, 7402180010.

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