

# Occupational Therapy Services for **Feeding and Eating**



Children receive occupational therapy services to help them with feeding and eating. Occupational therapy services can help children who are picky eaters or have developmental delays.

## **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. <https://doi.org/10.5014/ajot.2020.039545>