

HOT Evidence

Feeding Interventions for Children and Youth 0–5 Years Old

Why This Matters

- ▶ Feeding difficulties have been reported for 25%–50% of typically developing children. For autistic children, premature children, or children with other related developmental delays, the incidence is even higher.
- ▶ Occupational therapy practitioners can support feeding performance by offering strategies to primary caregivers to promote feeding interactions and positive mealtime routines or by applying techniques and teaching skills to improve the mechanics of feeding.

Improving Feeding Outcomes

Intervention



Repeated exposure to non-preferred foods using tangible rewards

*studied with typically developing children



Oral stimulation and non-nutritive suck paired with caregiver's voice

*occurs before feeding infants

Outcome



Targeted food acceptance



Oral feeding rate and infant's arousal state

Intervention



Parent training and coaching programs for child feeding-related behaviors and supporting a structure and mealtime routine



Intensive tube-feeding weaning programs using hunger provocation

Outcome



Decreased reports of parenting stress and improved mealtime behaviors



Full oral feeds, increased volume consumed orally, improved body mass index–height ratio, and weight gain

Find the Evidence

Visit <https://research.aota.org> to review the Systematic Review on this topic