

What to expect in feeding therapy sessions

We will cover a wide range of topics and areas of need during feeding therapy. We will move between all of these different areas over the course of our time together. Some sessions are fully focused on cranial-sacral intervention and some on feeding trials. It will depend on your child's ever changing needs.

We address the following areas:

1. Cranial-sacral alignment via Dynamic Body Balancing.
2. Oral-motor movement and strengthening techniques (when applicable)
3. Desensitization (with smell, taste, touch, texture, temperature) We establish a child friendly rating scale to mark progress and to fully understand the severity of various sensitivities.
4. Cognitive Behavioral Therapy - changing our thoughts about food (Social Thinking curriculum), utilizing positive self talk to help change the system.
5. Nutrition – addressing appropriate portions, meal planning, supplements.
6. Food trials – setting up successful food trials in the office and at home.
7. Counseling – addressing the family's emotions/blocks around food. Depending on the severity, this might be done with a consulting psychologist.

The first several sessions tend to focus on the cranial-sacral alignment and getting to know the client's sensitivities. We get to know each other and establish our 5-point rating system. The whole basis of therapy is a trust-based system, which means we move slowly at first to make each step a success. No child is forced to eat any food; in fact, we strive to create an atmosphere of complete trust, choice, and positive experiences with food. We are team focused and rely on having open communication with all the team members to provide the right level of support for each family.