



MANAGING FEEDING PROBLEMS

TOLERANCE PROGRAM	SYSTEMATIC DESENSITIZATION	PICTURE SCHEDULE	ESCAPE	POSITIVE REINFORCEMENT
<ul style="list-style-type: none"> Identify foods the child does and does not eat Expand on one feature at a time <ul style="list-style-type: none"> Color Texture (i.e. crunchy, purees) Flavor (i.e. salty, sweet) Temperature <p>EXAMPLE</p> <ul style="list-style-type: none"> Child only eats soft foods Slowly decrease amount of cook time <ul style="list-style-type: none"> I.e. cook the vegetable for only 1 minute, then 45 seconds, then 30 etc. Access to preferred food item only after taking a bite of new food Work in tiny goals – one bite at a time before increasing amount 	<ul style="list-style-type: none"> Choose a food similar to those the child already eats Child touches food Child picks up food Child imitates <ul style="list-style-type: none"> touching food to forehead touching food to closed mouth touching food to teeth putting in mouth swallowing Start expanding foods Proceed at an appropriate speed for the child <ul style="list-style-type: none"> May take days or weeks Can be time-consuming, but often effective 	<ul style="list-style-type: none"> Include <ul style="list-style-type: none"> Bite Chew Swallow Drink (preferred drink) Can use token economy for access to drink May be more appropriate for children with higher level verbal skills Requires consistent use of tangible materials 	<ul style="list-style-type: none"> Use when refusal to eat is maintained by escaping the meal The child may take a break (i.e. 15 minutes) from feeding demands after accepting a bite of non-preferred food Slowly shorten the length of the break 	<ul style="list-style-type: none"> Provide access to preferred foods only after non-preferred food has been consumed Provide access to reinforcing item (i.e. video clips, music) after non-preferred food has been consumed Begin with small amounts of food May combine with a time limit <ul style="list-style-type: none"> The reinforcer is available if the non-preferred food is finished before the timer goes off “First cracker, then candy”

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