



Key Take-Aways

Feeding and Floortime

Published online September 25, 2021

Summary: Feeding challenges tend to be related to medical, sensory (which can have to do with motor skills), or interpersonal factors and can begin to be resolved by working on a foundation of regulation with a good DIR/Floortime practitioner

- Professional Child Development Associates is one of the largest multi-disciplinary clinics providing DIR/Floortime services including Feeding and Nutrition
- The Developmental Feeding Program at PCDA addresses challenges around feeding that might be sensorimotor-based, interpersonal, or both, while watching for medical issues such as allergies
- Feeding challenges can also have to do with food presentation
- A DIR approach to feeding will follow the child's lead and take into account the child's developmental capacities, individual differences, and the relationships with caregivers and siblings that may impact mealtime experiences
- Bribes will backfire as a long-term strategy to get a child to eat

Link to this blog: <https://affectautism.com/2021/09/25/feeding>