



Creating Competent, Confident and Courageous Eaters

Many children can struggle to become competent eaters and parents often find meal times frustrating and stressful. As an accredited SOS feeding consultant ('Sequential Oral Sensory Approach to Feeding'), Dietitian Jodie Sheraton can work with you and your child to create a more positive experience with food and meal times.

Through our 'Food-Play-Eat' program, Jodie will support children become competent, confident and courageous eaters. The 12 week intensive program will involve working with parents to teach their child to eat at a pace that respects their readiness to progress through eating various textures and meet their nutritional requirements for growth. The program will establish mealtime routines and cues to eating, increase the range of foods your child is willing to touch, taste, try and ultimately lead to an increase in the variety and volume of food consumed by your child.

Children who would benefit from our Food-Play-Eat program include any:

- Child who has a low volume of oral intake
- Child who has poor weight gain
- Child who has a limited variety of tastes and textures
- Child who has difficulties transitioning to advanced textures
- Child who has problem behaviours around eating
- Families who power struggle at meals

Jodie teaches children the skills they need in order to eat a wide variety of food types and textures using the natural, social reinforcement of playing with the food and interacting with adults as positive role models. You as the parent will feed your child with increased confidence, skill and understanding.

Food-Play-Eat 12 week Program includes:

- Initial Assessment - based on meal time / eating development history;
- Initial feeding / meal time competency assessment;
- 8 weekly sessions of Food School Learning: lessons and observations (parent and child) – together establishing home sensory preparation routine, meal time routine, eating competency and parent/child division of feeding responsibility model;
- Foods chosen for the home Food School Learning sessions are based on the individual child's needs and will progress through the 32 steps to eating competency;
- Growth measures collected and evaluated where required;
- Referral to other feeding practitioners where indicated (if your child has complex feeding difficulties) such as speech therapy, occupational therapy, psychology and a list of accredited clinicians can be provided to you on request;
- Final session on feeding / meal time competency and evaluation.

Now is the time to introduce life-long healthy eating habits for your child and family.
Contact Optimum Intake on 0499008451 or email admin@optimumintake.com.au.
www.optimumintake.com.au