

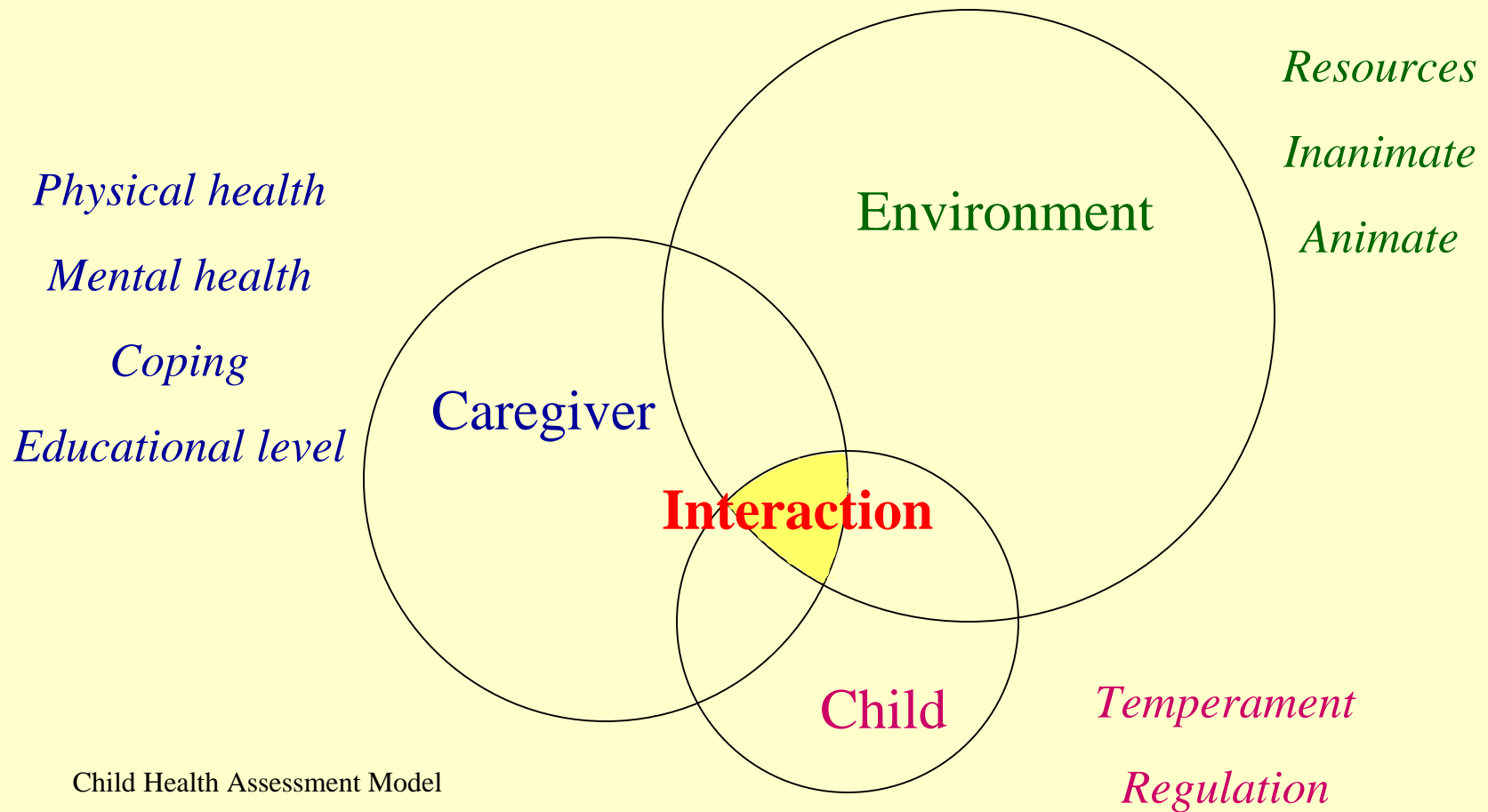
Overheads – Feeding Connection

Healthy Child Care Washington The Feeding Connection

- Katy Levenhagen, RD
Partners in Child Care,
Snohomish Health District



Child Health Assessment Interaction Model



Child Health Assessment Model

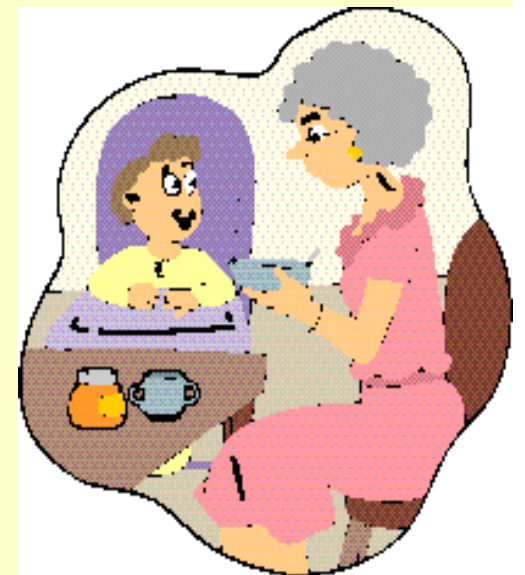
Barnard and Eyes, 1979

Child Care Training And Resource Kit - Feeding Connection Overheads

Healthy Interconnectedness

“The ability to adapt”

- Caregivers role
 - Sensitivity to cues
 - Responsive to distress
 - Provide growth fostering situations
- Child’s role
 - Clarity of cues
 - Responsiveness to caregiver



Interaction at feeding times

The "Interactive Dance"

- “The feeding time is the 1st joint task between infant and caregiver.”

(Keys to CareGiving™ , 1990)

- The caregiver and child react and respond to each other
 - Caregiver recognizes cues
 - Child’s cues become clearer



Interaction at feeding times

Healthy Relationships

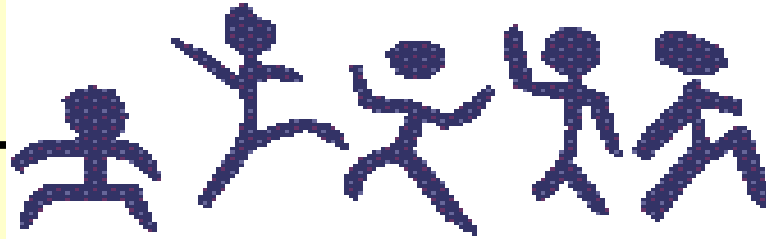
- Based on responsiveness
 - Length of time to respond to child's cues
 - Ability to read and respond to cues
 - Engagement - mutual gaze, smiling, talking,
 - Disengagement - Back arching, fussing, “NO”
 - Behaviors are a combination of both

Communication Cues Associated with Feeding

- **Want to eat**
 - Mouthing, rooting, hands to mouth, sucking, clenched fingers or tight fists over chest, crying
- **Suck/Pause**
 - Suck for 10-15 times then pause for 3-5 seconds to rest
- **Wants a break**
 - Spitting up, choking, arching back, relaxed arms
- **I am full**
 - Pushing away, falling asleep, relaxed body
- **I want to be with you**
 - Smiling, looking at face, reaching out to touch

Healthy Interconnectedness

- Benefits a child's long term learning
 - Verbal communication
 - Problem solving
 - Social interactions
- Helps develop
Healthy Eating Habits



“The relationship between the child and the caregiver is the foundation for how a child thinks and feels about their surroundings.”

Kathryn Barnard, UW

Supporting Development at Feeding Times

EXPLORATION



- Determined by caregiver's control of the environment
- Strive for balance to help master new skills
- Builds child's sense of self
- Depends on child's comfort level

Supporting Development at Feeding Times

Verbal Behavior

- Using words (language) to support child:
 - Reinforces behavior and actions
 - “You never act this way unless you’re hungry.”
- Don’t “Burst the bubble”
 - Catch opportunities to interact
 - Meals offer time to listen and respond



The Role of the Child Care Provider

- Be aware of physical abilities / limitations
 - Transitions depend on readiness
- Tend to emotional needs
- Enhance skill development
 - Auditory
 - Motor
 - Social/Communication



Balance the Levels of Involvement

- **Stabilizing Presence**
 - Presence affirms and provides security
- **Facilitative Intervention**
 - Entering into experience can assist, clarify and extend an activity
- **Shared participation**
 - Allows role modeling and facilitation
 - Develops a sense of self in relation to others
 - Beneficial at meal time



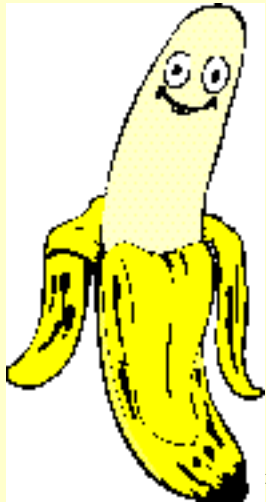
Physical development determines when to transition to solid foods

- Holds head up by self
- Can sit up without support
- Does not push food out of mouth with tongue
- Shows interest in food



Transition Foods

- 4 - 6 months: Start with soft strained foods
- 6-8 months: Progress to mashed table foods. Begin cup drinking
- 9-12 months: Progress to safe, chopped table foods and cup drinking.



Feeding the Toddler

- Growth rate slows/calorie needs decrease
- Brain growth continues at a rapid rate.
- Appetite is often erratic
- Limited teeth for chewing and biting.
- Neophobia begins--reticence to try new foods



The Division of Responsibility During Feeding

- Caregivers are responsible for providing appropriate foods in a safe and nurturing environment.
- Children are responsible for how much, and whether they eat.



What Makes a Healthy, Happy Meal Time?

- Adults set the feeding environment
- Adults **eat** with children
- Children choose how much
and what to eat



The Best Meals in Child Care

- Promote a variety of healthy and appealing foods



- Regard the Division of Responsibility

- Consider meal time a learning opportunity

- Are FUN!

