

FEEDING THERAPY



Feeding Therapy

An evidence-based program involving creative play to help overcome feeding difficulties.

Why Growing Early Minds?

We make it easy for families to access speech-language pathology, occupational therapy, dietetics, psychology and behaviour support all under the one roof.

- Proud history of over 20 years
- Experienced allied health professionals
- Best practice, evidence-based methods
- Collaborative, holistic, family-centered approach
- Support offered in clinic, mobile or via telehealth
- Link to free supported playgroups and programs
- Registered NDIS and Medicare Provider
- Interpreting and translation services available
- Memberships held across all peak bodies
- Not-for-profit, registered charity status
- TPV and ISO9001 certified



The Accredited Practising Dietitian (APD) credential is a public guarantee of nutrition and dietetic expertise.

APD is the only national credential recognised by the Australian Government, Medicare, the Department of Veterans Affairs and most private health funds as the quality standard for nutrition and dietetic services in Australia. All our Growing Early Minds dietitians are registered with APD.

About Growing Early Minds

Growing Early Minds is a community based, not-for-profit organisation that provides early intervention and disability support to children between 0-16 years.

We're a registered NDIS and Medicare provider and families have the option to visit us in clinic, mobile or via telehealth.

We're committed to supporting and growing the potential of children, families and communities, and this has remained unchanged since our initial establishment in 1994.

For more information about our team, services, programs and funding options visit growingearlyminds.org.au

Feeding therapy is a fun, evidenced-based approach to help treat children with feeding difficulties.

The program integrates posture, sensory systems, motor skills, behavioural skills, social, emotional development, medical concerns and nutritional impacts.



Does your child have a limited food intake or swallowing difficulties?



Overcome challenges and create positive mealtime experiences.



Experience with complex needs, developmental delay or disability.



Start your journey by contacting us today!

What is feeding therapy?

The feeding therapy program offered by Growing Early Minds follows the SOS (Sequential Oral Sensory) approach to feeding. This evidence-based program focuses on helping children with a limited diet become comfortable trying new and different foods as well as how to eat if they don't know how to chew or manage food in their mouth.

The program integrates posture, sensory systems, motor skills, behavioural skills, social/emotional development, medical concerns and nutritional impacts. The SOS approach is a fun, family-centred program that involves exploration and creative play.

What are the goals of feeding therapy?

Our paediatric dietitians work collaboratively to help set achievable goals for you and your child. Some ways we can help you and your child may include:

- Identify oral, sensory, motor, cognitive and emotional feeding milestones
- Develop your child's feeding skills and behaviours around new and different foods
- Improve your child's nutrition intake to support their growth and development
- Help families and children achieve their feeding goals



Would my child benefit from feeding therapy?

Feeding therapy may be beneficial if your child:

- Is a very fussy or selective eater
- Limited or restricted intake <15-20 foods
- Obsessive and compulsive eating behaviour
- Has excessive or poor weight gain
- Ongoing reduced appetite/food intake
- Chewing and swallowing food difficulties
- Takes more than 30 minutes to eat meals
- Spits out food, chocks, vomits or gags when eating
- Has ongoing bloating, constipation or diarrhoea
- Has food or drink coming out of their nose when eating
- Has difficulty transitioning from purees to solids by 12 months of age
- Difficulty self-feeding e.g. using spoon/fork by 24 months of age
- Aversion or avoidance of specific colours, textures or food groups
- Following a special diet e.g. thickened fluids, texture modified
- Experiences meltdowns or cries during mealtimes
- Eating non-food items e.g. dirt, grass, paper
- Distressful family mealtimes
- Tube feeding

What can I expect during a feeding therapy session?

Sessions will be held by one of our trained paediatric dietitians or speech-language pathologists. They will work with families looking at your history, discussing current concerns or behaviours related to feeding and then help set some realistic goals with you and your child.

The sessions are play-based and can sometimes get messy, as we involve all the senses – taste, sight, touch, smell and hearing. Depending on the underlying challenges, you may see your child participating in sensory integration activities or completing exercises to strengthen the muscles needed for eating or using their senses to learn more about the food's properties.

The program is typically offered in blocks of 12 treatment sessions, and run for 45-60 minutes and held weekly or fortnightly. In some cases, the program may be shortened to suit the goals or circumstances of the family.

How do I arrange an appointment?

If you feel feeding therapy might be beneficial contact us today. You don't need a referral from a GP or paediatrician, although this may help offset the cost of therapy. We will discuss with you the best pathway, fees and provide you with our referral form, along with any other important information we've discussed. Alternatively, you can download our referral form directly from our website.

Ask about our tailored educator workshops, parent training and school programs we offer.



Talk to us today to see how we can help you.

Visit us in clinic, mobile or via telehealth.



[p] 02 9622 8500 [e] support@growingearlyminds.org.au
growingearlyminds.org.au  [@growingearlyminds](https://www.facebook.com/growingearlyminds)



Registered NDIS Provider | Allied health professionals | Not-for-profit
Growing Early Minds is an initiative of Growing Potential Ltd.