MODULE 3: Feeding Skills

LEARNING OBJECTIVES

After completing this module, you will have the skills and resources to:

- Understand typical feeding development and the development of feeding and eating skills and behaviors
- Understand nutrition management of enteral (tube) feedings, including a basic understanding of equipment
- Describe appropriate routes of feeding for specific situations
- Identify appropriate formulas for specific situations

RESOURCES

Feeding Skills, Behavior, and Assessment of Feeding Skills

Questions about food patterns and feeding skills. This tables outlines questions that may be useful in assessing food patterns and feeding skills. It is included at the end of this section.

Suggested Serving Sizes for Children. This table outlines suggested serving sizes for children. It is included at the end of this section.


Nutrition and Feeding for Infants and Children, Handout Masters. Satter E. *Nutrition and Feeding for Infants and Children*, Handout Masters. Ellyn Satter Associates. 1995 (with 1997 updates). Information is taken from *Child of Mine* and *How to Get Your Kid to Eat*. This set of handouts is appropriate for families,

**Influence of Special Health Care Needs**


*Dietary and Feeding Needs of Children with Cleft Lips and/or Palates.* Wong J, Cohea M. Dietary and feeding needs of children with cleft lips and/or palates. *Nutrition Focus.* 2001 16(4). This article presents some of the nutrition- and feeding-related concerns associated with cleft lip and palate and presents some intervention strategies. To order, visit http://depts.washington.edu/chdd/ucedd/CO/co_NutriFocus.html.


**Management of Tube Feedings**


QUESTIONS ABOUT FOOD PATTERNS AND FEEDING SKILLS

The following questions are often useful for eliciting information about a child's food pattern:

- How often does the infant breastfeed?
- How frequently is the infant/child fed?
- How is formula prepared?
- What is the typical meal pattern?
- How much does he eat at one time?
- What supplements are used (energy, protein, enteral, vitamin, mineral)?
- Does the child have food allergies or intolerances or are there any food restrictions?

A discussion about behaviors, relationships, and attitudes related to food and eating might be started with these questions:

- What foods are preferred? Disliked?
- Can your child communicate hunger? Thirst?
- Who is present at mealtimes?
- Are mealtimes pleasant?
- Describe your child's appetite.
- Is your child interested in eating?
- Do you think your child is underweight? Overweight?
- Do you think your child eats too much? Too little?
The following questions may be useful for assessing a child’s feeding skills:

• What types of foods does your child eat?
  ▪ Describe the texture
  ▪ Describe the consistency
  ▪ How many times does your child eat each day?

• Do you have concerns about your child’s feeding skills?
  ▪ Does your child feed himself? With fingers? With utensils?
  ▪ Does your child have problems chewing or swallowing? Gagging or choking?
  ▪ Are there specific foods or textures that your child has difficulty with?
  ▪ Does your child choke while eating? If so, how often does this happen?

• Can your child clearly communicate hunger and thirst?

• How does your child respond when food is offered?

Asking a caregiver about a child’s feeding history can also provide useful information:

• When were solid foods introduced?
• What types of solid foods were introduced?
• When did your child learn to drink from a cup?
• What was your child’s reaction to solids? To finger-feeding? To utensils? To the cup?
Suggested Serving Sizes for Children

These suggestions are not necessarily appropriate for all children (and may be inappropriate for some children with medical conditions that greatly affect nutrient needs). They are intended to serve as a general framework that can be individualized based on a child’s condition and growth pattern.

<table>
<thead>
<tr>
<th>Grains</th>
<th>Suggested serving size for child 1-3 years of age</th>
<th>Suggested serving size for child 4-6 years of age</th>
<th>Suggested serving size for child 7-10 years of age</th>
<th>Suggested serving size for child 11-18 years of age</th>
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<tbody>
<tr>
<td></td>
<td>Bread – ½ to 1 slice</td>
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<td></td>
<td>Rice, pasta, potatoes – ¼ to ½ cup</td>
<td>Rice, pasta, potatoes – ½ cup</td>
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<td></td>
<td>Cooked cereal – ¼ to ½ cup</td>
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<td>Ready-to-eat cereal – ¼ to ½ cup</td>
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<td>Tortilla – ½ to 1</td>
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<td></td>
<td>Cooked or pureed – 2 to 4 Tablespoons</td>
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<td>Cooked or pureed – ½ cup</td>
<td>Cooked or pureed – ½ cup</td>
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<td>Raw – few pieces, if child can chew well</td>
<td>Raw – few pieces</td>
<td>Raw – ½ to 1 cup</td>
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<td>Canned – 2 to 4 Tablespoons</td>
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<td>Juice – 3 to 4 ounces</td>
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<td>Milk, yogurt, pudding – 2 to 4 ounces</td>
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<td>Cheese – ¾ ounce</td>
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<td>Meat, poultry, fish – 1 to 2 ounces</td>
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<td>Eggs – ½ to 1</td>
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<td>Peanut butter – 1 Tablespoon</td>
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<td>Cooked dried beans – 4 to 5 Tablespoons</td>
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<td>Cheese – 1 ounce</td>
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<td>Cooked or pureed – 3 to 4 Tablespoons</td>
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<td>Raw (apple, banana, etc.) – ½ to 1 small, if child can chew well</td>
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<td>Canned – 4 to 8 Tablespoons</td>
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<td>Juice – 4 ounces</td>
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