



OSLSHA

Unlocking Communication

Ohio Speech-Language-Hearing Association

Safe Feeding and Your Child

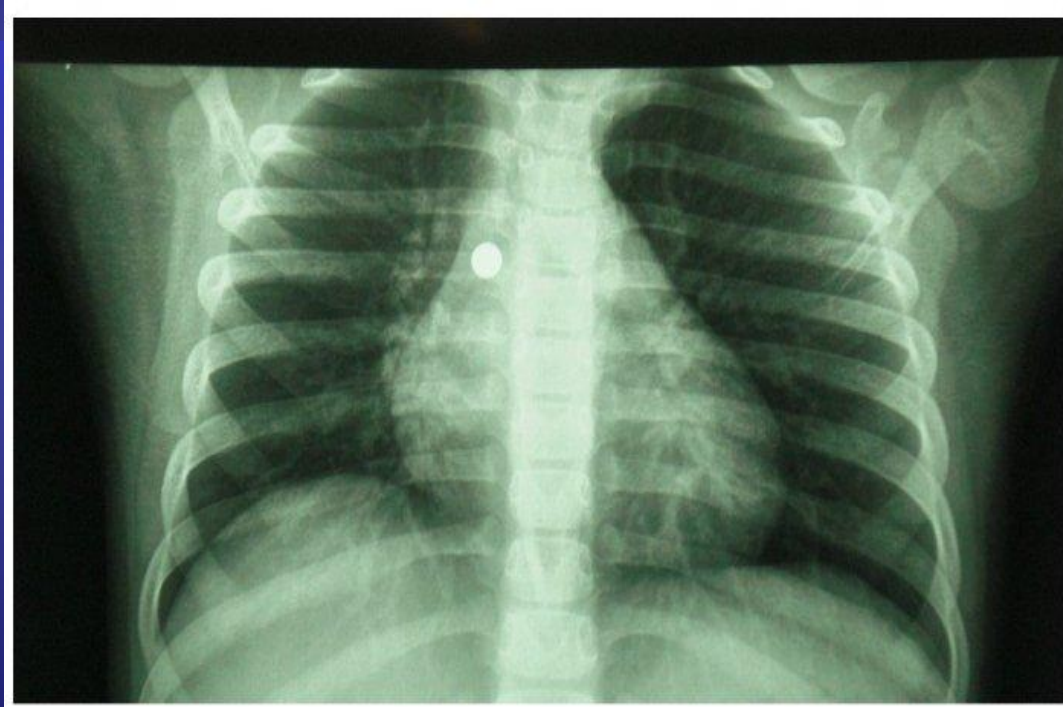
A brief overview for parents and consumers



- ❖ Drinking from the bottle should be comforting and struggle free
- ❖ Gaspings for air is a sign of difficulty
- ❖ Keep your baby's head raised during feeding
- ❖ NEVER prop a bottle



- ❖ Chewing skills need to be learned and practiced
- ❖ Foods should be easy to chew and in small bites
- ❖ Coughing, choking and changing color around the eyes are signs of difficulty



Watch for small pieces that a child can swallow easily:

Small, round batteries

Peanuts

Gummy foods

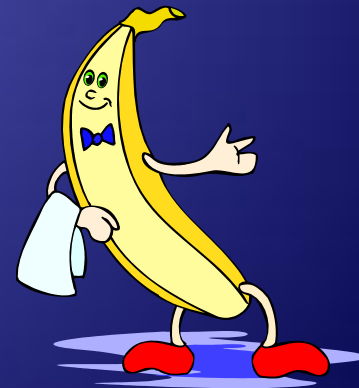
Watch for foods that can block the airway:

Hot dogs



Bananas

It is safer to mash or cut up these foods in small pieces about the size of a pea





- ❖ No eating in the car
- ❖ Choking happens in seconds
- ❖ It is difficult to reach a choking child in the back seat in a moving vehicle



READ THE LABEL:

You may be surprised
which foods for children
have choking warnings
on the label



Did You Know?

Chewing Skills continue to develop until the age of 6 years old

Choking Risk: These little ones are working hard and may not be able to finish the meal. Why not try creamed corn?



Corn on the cob is age appropriate and nutritious for these children



Did You Know?

Children don't get their grinding teeth until after 4 years of age

Foods recommended for ages 4 and over include:

- Spoonfuls of peanut butter

- Nuts and seeds

- Uncut hotdog

- Raisins

- Carrot sticks and hard vegetables

- Marshmallows

- Popcorn

- Whole grapes , cherry tomatoes or hard fruits

- Meats larger than ½ inch , not soft cooked nor cut across the grain

- Sticky and hard candies

Peanuts are now being recommended for ages 6 and over?



- ❖ Bottle drinking and sipper cup drinking use early sucking movements
- ❖ Use of a flat drinking lid is helpful with feeding skills
- ❖ Children continue to develop skills by receiving practice drinks from an open cup



- ❖ Children should accept:
 - many flavors and textures
 - several fruits, vegetables
 - easy to chew meats

- ❖ Children should have an appropriate height/weight on the growth chart

❖ Signs of difficulty include:

- keeping food in the mouth
- spitting out food
- swallowing food without chewing enough
- chewing for a long time
- eating more than 30 minutes
- drooling
- eating a limited number of foods
- poor weight gain
- poor growth



Remember : Chronological age does NOT determine safest diet



Level of feeding skills determines safest diet



Talk with your doctor if you have questions or concerns regarding your child's eating habits.