Our approach to therapy:

Behavioral Feeding Therapy is implemented using principles of applied behavior analysis (ABA). Instructional techniques include evidence-based strategies such as differential reinforcement of an alternative behavior (DRA), sequential reinforcement, simultaneous reinforcement, shaping, texture fading, and bite size fading.

We use data collection to monitor progress and demonstrate program success.

Family participation is required. Collaboration between home, school and other therapy environments is encouraged.

“Because mealtime should be a happy time.”

Improving Quality of Life Through Effective Intervention

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Behavioral Feeding Therapy

Many children without disability have picky eating habits. Most often, children prefer junk foods, fast foods, and sweets instead of healthier options such as fruits, vegetables and whole grains. For some children, challenging behavior during meal times can result in stressful meals for children and their families. Challenging behaviors can include food refusal, tantrums and even gagging and vomiting.

Research has shown a large percentage of children with autism also have feeding difficulties resulting in self-limited food restrictions including brand specificity, color and texture. Children who are transitioning from tube feedings to caloric intake by mouth may demonstrate difficulty during meal times.

How do I know if my child needs behavioral feeding therapy?

Does mealtime cause stress or anxiety?
Does the child eat fewer than 30 different foods?
Does the child eat only processed foods such as pretzels, chips and crackers?
Does the child limit foods by brands or eat only one texture?
Does the child engage in challenging behavior when new foods are presented?

Setting of Therapy

Our behavioral feeding therapy is provided in settings where the feeding difficulties are experienced.

Therapy is provided in the comfort of your home, at your child’s school or childcare center, or at restaurants where your family likes to dine.
Therapy is implemented by staff with extensive training in ABA and additional training in feeding therapy.

Interdisciplinary Model

An intake assessment is needed to rule out physiological reasons for feeding difficulty. Input from physicians, gastroenterologists, speech language therapists and occupational therapists is reviewed prior to the development of an intervention plan.
In some cases, a release from a physician or gastroenterologist may be required to ensure that your child is a safe oral feeder and ready to begin feeding therapy.
Families are strongly encouraged to seek nutritional consultation and support before, during, and after feeding therapy. Appropriate nutrition is essential to long term growth and development.
If you have an ABA team, we can train and supervise your team to carry out a feeding program.

Frequency and Intensity of Services

Research has shown that intensive services result in faster acquisition of feeding skills and behaviors. Services may be provided at every meal or they may be delivered two to three times per week. Our research has shown that one week of intensive therapy is effective for most children. Children with histories of tube feedings may require therapy for a longer period of time.

Generalization and Maintenance of Feeding Skills and Behaviors

Feeding therapy is only successful if the skills and behaviors generalize to other people and other settings as well as maintain as the child ages.

Our program is designed to ensure long-term maintenance and generalization of feeding skills and behaviors contingent on program completion. We are available for consultation should you have questions after your child has completed feeding intervention.
We encourage participation of all members of your child’s team; including parents, teachers, related therapy providers, and ABA team members.

Cost for Services

The price for therapy varies depending on the education, experience, and skill level of the feeding therapist.
Your services may be covered by insurance. Prior authorization may be required.
Regardless of location of services, parents are expected to plan and prepare all meals.

Questions?
Please contact us for additional information.