

The Use of Occupational Therapy in Feeding with Children

By: Justin Wolak OTS

Occupational Therapy in Feeding

- Feeding is important for social, emotional, and cultural maturation, as well as for normal growth and development.
- Occupational therapists help children learn to self-feed, eat a variety of foods, and properly chew foods.

Why would a child need OT for feeding?

- A child may have difficulty with sensory processing and find that a texture, scent, color, temperature, or shape of a food be too much of stimulus for them.
- Some children find the skill of feeding themselves difficult such as holding a utensil and/or motor planning/learning how to bring a utensil to their mouth.