



Young Child with Eating/Feeding Difficulties

Introduction

- Establish Rapport with parent.
- Scaling of the problem from 1 - 10.
- Explore the extent of the problem away from the hearing of the child.
- Use reflective and active listening to identify specific behaviour of child that is causing the problem, any successes already achieved and what specifically the parent wants to change.
- Exploration will also need to identify behaviours and feelings of the parent in order to identify current resources and any barriers to overcoming the problem.
- Observation of meal time (ABC structure)/video recording.
- Check with parent regarding any existing medical advice re diet.

Input with the parent

- In this situation most parents are very anxious and fearful for the health of the child. Therefore, coaching will include strategies for managing these feelings to avoid transmitting these to the child.
- 7/11 breathing.
- Visualisation to help access calm states.
- Anchoring of calm states, so that these can be self-administered.

Other input

- Seek/commission input from dietician.
- Provide feedback from observation/video recording.

Work with child

- Establish rapport with child.
- Identify attitudes towards food and willingness to change behaviour using solution focused questions.
- EFT -including positive affirmation script for managing anxieties about eating.
- Negotiation and setting of goals with the child and use of star charts and stickers, to reinforce success.
- Anchoring of feelings of success when overcoming fears.
- Parent/child coaching during meal-time.
- Rehearsal of strategies for parent and child.
- Observation/video recording of session.

Review of success

- Reflection - discussions with parent and child, feedback from observation/video.
- Review of goals set for the session - parent and child.
- Future pacing - goal setting for future.
- Social story for the child.