

**Clinics in Pediatric Feeding #1**  
**Transition from Liquids to Pureed Foods and Beyond**

Presented by Marjorie Meyer Palmer, M.A.

Speech Pathologist

Neonatal and Pediatric Feeding Specialist

*Profile of the child who has not yet been able to transition from liquids onto pureed food:*

Initially the child presents with a sensory based feeding aversion that has an underlying etiology:

Etiology may be:

- \* gastroesophageal reflux disease (GERD)
- \*born prematurely
- \*cardiac disease/congenital heart defect
- \*seizure disorder
- \*intra uterine drug exposure
- \*Autistic Spectrum Disorder (ASD)
- \*Oral-motor issues
- \*Oral sensory hypersensitivity or hyposensitivity
- \*Esophageal dysmotility for any consistency other than liquids

and there may be many others. Investigation of the underlying etiology will dictate and direct your therapeutic intervention which may differ significantly depending upon the underlying condition(s).

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**Feeding Evaluation**

<b>Initial Observations</b>	(check one)	YES	NO
Maintain eye contact		___	___
Interested in environment		___	___
Manipulates objects/toys		___	___
Brings objects/toys to mouth		___	___
Demonstrates social smile		___	___
<b>Oral-motor Examination</b>			
Bilabial closure		___	___
Protrusion/retraction of tongue		___	___
Elevation of tongue tip		___	___
Transverse tongue reflex		___	___
Fluid jaw movement		___	___
Jaw closure maintained		___	___
<b>Bottle Drinking</b>			
Reflexive suck		___	___
Volitional suck with active bilabial closure		___	___
Able to sustain suck for 2 minutes		___	___
Respiration coordinated with pharyngeal swallow		___	___
<b>Spoon Feeding</b>			
Cries, gags, may vomit		___	___
Jaw and lips remain open		___	___
Active bilabial closure to remove food from spoon		___	___
Turns away, refuses to open mouth		___	___
<b>Biting</b>			
Using central incisors		___	___
Bites on objects/toys		___	___
Does not put any objects/toys in mouth		___	___
Does not bite on anything		___	___

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<u>Data Collection</u>	(check one)	YES	NO
<b>Oro-facial Sensitivity: tolerates</b>			
Deep pressure to oro-facial area		___	___
Tapping around mouth		___	___
Wiping food from mouth		___	___
Swipes of pureed food applied to lips		___	___
Toys/objects in mouth		___	___
Pureed food introduced inside mouth		___	___
Temperature changes applied to oro-facial area		___	___
<b>Oral Phase of Swallow</b>			
Liquids transported easily to oro-pharynx		___	___
Pureed food transported easily to oro-pharynx		___	___
Pureed food unable to be moved off tongue		___	___
Results in gagging, coughing, choking		___	___
Pureed food in mouth results in vomiting		___	___
<b>Pharyngeal Phase of Swallow</b>			
Liquids are swallowed easily		___	___
Pureed foods are slow to be swallowed		___	___
Pureed foods may result in coughing, choking		___	___
Swallows are audible, hard, and with gulping		___	___
Food is held in mouth for long periods		___	___
Food may not be swallowed		___	___
<b>Esophageal Phase of Swallow</b>			
Liquids are swallowed easily		___	___
Water is the preferred liquid		___	___
Pureed food is swallowed without difficulty		___	___
Pureed food results in gagging after the swallow		___	___
Pureed food is regurgitated easily		___	___
Child appears to have discomfort with swallow		___	___
Pureed foods cause vomiting		___	___

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- I. select only one variable to modify at a time
  - A. change utensil
    - 1. pair spoon with bottle
    - 2. intermittently introduce liquid by spoon
    - 3. texture and placement remain constant
  - B. change texture
    - 1. thicken liquid in bottle
    - 2. consider nipple change
  - C. change placement
    - 1. move bottle nipple to side
    - 2. present spoon sideways between lips
    - 3. texture/utensil remain constant
- II. offer swipes
  - A dip finger into pureed food
  - B. apply once to lower lip
  - C. note response; if tolerated, apply a second swipe. If not. STOP!
  - D. increase gradually from initial baseline
- III. provide new food for independent exploration
  - A. offer food in bowl or on high chair tray
  - B. provide age appropriate utensil
  - C. use same food for swipes

Based on "Incremental Progression"  
(developed by Marjorie Meyer Palmer, 2009)

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*Reference List*

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