

Clinics in Pediatric Feeding #2
Transition from Pureed Foods to Solids
Presented by Marjorie Meyer Palmer, M.A.
Speech Pathologist
Neonatal and Pediatric Feeding Specialist

Profile of the child who has not yet transitioned onto solids

Able to accept: liquids and thin pureed foods that contain no bumps

Unable to accept:

- 1) small bumps in pureed food
- 2) a uniform bumpy consistency, such as rice
- 3) food that produces crumbs
- 4) small single pieces of solids

Presents with:

sensory aversion to solids
hypersensitivity of the oral-facial area
intra-oral hyposensitivity
orally defensive and resistant to new oral experiences
rigid in food choices; reluctant to try the unfamiliar

Oral-motor issues:

- *delay in mastication skills
- *inadequate tongue base retraction
- *lack of volitional bolus transfer
- *reluctant to bite

Oral-sensory issues:

- *unable to tolerate texture on the tongue
- *unable to manage mixed consistencies
- *unable to tolerate small solid pieces or crumbs
- *may be unable to tolerate certain smells or tastes

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- I. select only one variable to modify at a time
 - A. change texture
 - 1. thicken pureed food gradually
 - 2. offer by spoon at start of meal
 - 3. continue to thicken until food does not fall off spoon when turned upside down
 - B. change placement
 - 1. introduce dropper, toothbrush, straw to side
 - 2. elicit transverse tongue reflex
 - 3. offer pureed food to "eat from the side"
 - C. change utensil
 - 1. offer small piece of solid on spoon
 - 2. offer small piece of solid on Spork if available
 - 3. offer small piece of solid on fork
 - D. change bolus size
 - 1. introduce many tiny pieces on spoon
 - 2. decrease number of tiny pieces on spoon
 - 3. gradually increase size of tiny pieces
 - E. change taste
 - 1. introduce small amount of vegetable in fruit
 - 2. increase amount of vegetable added to fruit
 - 3. both vegetable and fruit must remain constant

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

"Ask Your Baby": Cue-Based Feeding Post-Discharge

Response, Result, Recommendation Assessment Tool for Feeding Transition Readiness

Developed by Marjorie Meyer Palmer, M.A., CCC-SLP
Neonatal/Pediatric Feeding Specialist

RESPONSE:	1	2	3	4
	accept	tolerate	gag	cough, choke, vomit

1. Placement
2. taste
3. utensil
4. texture
5. bolus size

RESULT: When response is: 1. Infant is ready to progress forward
When response is: 2. Continue to offer but change one variable
When response is: 3. Continue to offer same stimulus
When response is: 4. Infant is not ready to move forward

RECOMMENDATIONS: Example: one swipe of pureed peaches applied to lower lip. Infant accepts. Recommendations may be one of the following: 1) place further into mouth i.e., on tongue; 2) offer a new food; 3) introduce by spoon; 4) offer a thicker consistency; and 5) increase amount. Select wisely.

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Definitions and Sample Food List for Feeding Therapy Program

1. Pureed Foods: commercially prepared baby foods that do not contain bumps; homemade foods that are processed so that no bumps are visible in the food. These foods are thin, often can be poured, and do fall off the spoon when the spoon is turned upside down. Foods of this consistency can be poured into and out of a cup.
2. Thick Pureed Foods with a Uniform Consistency: Foods that do not fall off the spoon when the spoon is turned upside down, foods that cannot be poured into or out of a cup.
Examples: mashed potatoes, sweet potatoes, grits, cream of wheat cereal, cream of rice cereal, Malt-o-Meal, etc.
3. Soft Solids: foods that can be smashed/compressed easily between two fingers and between the tongue and palate of a small child but do not dissolve easily in the mouth during the oral phase of swallow and do not produce crumbs: bananas, avocados, cubes of sweet potatoes
4. "Stick" Food: foods that are long and thin and can be held on one end conveniently by a caregiver or a child. These foods are usually "crunchy and crispy" and include: potato sticks, Cheetos, Veggie Straws, Veggie Sticks, Snap Pea Crisps, Pepperidge Farm Pirouette cookies
5. Mixed Consistencies: small bumps contained in a sauce such as macaroni and cheese, spaghetti-o's, canned baked beans, OR several consistencies contained within one food: tuna noodle casserole, beef stew, vegetable soup
6. "Crunchy, Crispy Solids": foods that produce crumbs during the oral phase of swallow: cookies, crackers, chips, toast

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Reference List - Transition from Pureed Food to Solids

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