

# Feeding Teletherapy

Flexible options to meet your  
child and family's needs.

**1**

## Therapist-led feeding therapy

The therapist directly interacts with your child to teach them how to eat more comfortably for his or her body while learning about food. This approach uses both your kitchen and the therapist's to learn about food through cooking and meal preparation. Therapist-led feeding therapy is recommended for children who are at least 5 years-old and can follow directions with assistance.

**2**

## Eye-in-the-sky

Have you ever wished that your feeding therapist could come to your home and help you with mealtimes? Teletherapy makes this possible! Feeding therapy through telepractice allows the therapist to observe what a typical mealtime looks like for your family and offers real-time coaching on how to help your child thrive.

**3**

## Parent coaching

This option gives parents the opportunity to talk to their feeding therapist about the practical strategies they can use at home to support their child's feeding success. Examples of parent coaching topics include: expanding food variety, meal planning, mealtime expectations, and planning successful child-specific cooking and snack activities.

## Looking for a more flexible option? We are here for you!

Our team provides individualized services specific to each family's unique needs. Our feeding therapists offer 30 minute teleconsultations to discuss child-specific feeding strategies on an as-needed basis.

**Call 610-455-4040 for more information and to get started today!**

