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Addressing challenges in solid food transitioning in infants

Stephanie Gonyea, OTD/S
School of Occupational Therapy, Belmont University
In collaboration with Elements, LLC



This presentation is in partial fulfillment for a Doctoral Degree in Occupational Therapy

Elements Mission

- To provide patients and families with innovative, practical therapy solutions to maximize functional gains.
- To educate, support, and encourage patients and their families in a collaborative environment.
- To enhance patients' and their families' quality of life, thereby contributing to the overall health and general wellbeing of the community.
- To build bright, substantial futures alongside patients and their families.

Identified Need

As a growing group of professionals, I was presented with the opportunity to market the services provided by Elements, LLC through an occupational therapy lens. In addition to creating marketing materials to highlight Element's services, I connected with local pediatricians to advocate for the role of occupational therapy in addressing feeding concerns, specifically the transition to solid foods. I provided these offices with a deliverable for the families they serve to address possible challenges associated with transitioning their baby to solid and to promote Element's expertise in supporting feeding development in young children.

Acknowledgments

I would like to extend sincere gratitude to the following individuals who have collaborated with me in developing my experiential component project as part of my doctoral curriculum at Belmont University:

- Barb Talbert of Sprocket Therapy Solutions, LLC
- Natalie Udwin of Sprocket Therapy Solutions and Elements, LLC
- Desiree of Sprocket Therapy Solutions
- Dr. Sue Illiff of Belmont University

Elements, LLC

Element's child development specialists is a team of occupational therapists with expertise in addressing a myriad of challenges including those pertaining to:

- Infant development
- Infant feeding
- Oral motor skills
- Tummy Time! Method
- Lip/Tongue Ties
- Sensory integration
- Visual Motor Skills
- Primitive Reflex Integration

Families have the option to participate in individual and/or group therapy sessions.

Goals of EC

- Complete a comprehensive literature review to determine best practice for infant feeding practices through the lens of occupational therapy
- Develop a deliverable geared towards parents to address infant feeding challenges and generate an increased number of referrals for Elements child development specialists.
- Connect with pediatricians in the local Nashville area to
 - Advocate for the role of occupational therapy in infant feeding practices
 - Provide practices with deliverable geared towards parents to address infant feeding concerns, specifically when transitioning to solid foods

References

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Morris, S. E., & Klein, M. D. (1987). *Pre-Feeding Skills: a comprehensive resource for feeding development*. Tucson, AZ: Therapy Skill Builders.

Tips for Introducing Solid Foods. (n.d.). Retrieved from <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Tips-for-Introducing-Solid-Foods.aspx>

Outcome /Deliverable



The American Academy of Pediatrics recommends that babies begin trying solid foods when they're around **6 months old**. However, every baby is different! Before your baby begins eating solids, they will need to be strong enough that they can begin sitting up on their own with a bit of support, maintaining good posture and head control. From here, your baby will be able to develop independent feeding skills.

Contact Us

(615) 226-2840

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Nashville, TN 37228

nat@elementsTN.com

Feeding Concerns?



elements
CHILD DEVELOPMENT SPECIALISTS



Elements is a group of skilled occupational therapists with specialized training in the areas of oral motor development, myofunctional therapy, cranial nerves, feeding therapy, infant development, primitive reflex integration, and sensory processing skills.



- If your baby:
- Has difficulty latching
- Loses milk from corner of mouth during feedings
- Coughs or chokes during breast or bottle feedings
- Has a lot of milk coming out of mouth during feedings
- Doesn't tolerate being on their belly
- Difficulty transitioning to purees by 10 months old
- Has difficulty sleeping



We can help!

Elements therapist strive to deliver you and your baby with quality family-centered care when addressing your baby's feeding concerns. We will take a look at the way your baby sleeps, moves, plays, and eats and help form a plan to support their ability to eat solid foods through developmentally appropriate activities and caregiver education.