CHAMPION
Feeding & Swallowing

Birth-3 population

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WHY THIS IS MY PASSION-

• FIRST HALF OF MY CAREER IN HOSPITAL SETTING. PRIMARILY ACUTE CARE.
• PERFORMED THOUSANDS OF VFSS.
• PREFERRED TO DO CLINICAL SWALLOW WITH C.A. AND THEN FOLLOW-UP WITH VFSS IF OVERT S/S NOTED
• DEVELOPED FEES PROGRAM
• EXPECTING OUR 5TH CHILD AND EVERYTHING WENT HAYWIRE.
• SHE WAS BORN AT 30 WEEKS
• WENT HOME WITH NG AND SPENT NEXT MONTH AND HALF WEANING TO ALL ORAL FEEDS- NO SUPPORT!
MY PASSION IS HELPING EDUCATE ALL WHO WANT TO LEARN

• FEEDING AND SWALLOWING IS SCARIEST PART OF OUR FIELD
• CAN BE INCREDIBLY REWARDING
• CHANGES LIVES OF INFANT & TODDLERS AS WELL AS THE ENTIRE FAMILY
• THESE CHILDREN DESERVE OUR ABSOLUTE BEST
• NO MORE BASIC-
• BE A CHAMPION FOR SUCCESS
• THERE IS BAD COACHING, GOOD COACHING, AND EXCELLENT COACHING IN BIRTH-3 FEEDING AND SWALLOWING.
CHAMPION COACHING & INTERVENTION

CONVERSATION

• CONVERSATION WITH FAMILY TELLS YOU WHERE YOU ARE STARTING
• WHAT DO THEY WANT TO SEE FOR THEIR CHILD
• WHAT IS THEIR UNDERSTANDING OF THE CURRENT SITUATION
• HOW FAR IS THERE TO GO DEVELOPMENTAL BETWEEN THEIR GOAL AND THE PRESENT
• BIG PICTURE
• WERE THEY TOLD TO "JUST GO HOME AND FEED THEM LIKE A TYPICAL BABY"? OR MAKE SURE THEY FINISH THEIR BOTTLES, OR START BABY FOODS AT 4-6 MONTHS, ETC
• YOU NEED A SHARED UNDERSTANDING OF WHAT CAME BEFORE YOU!
CHAMPION COACHING & INTERVENTION

HISTORY

• DETAILED HISTORY OF MOM'S PREGNANCY
• BIRTH
• SEQUELA OF PREMATURITY OR SICK NEWBORN
• CURRENT DX OR SUSPICIONS OF UNDERLYING ETIOLOGIES
• NICU- LOS, APPROACH FOR FEEDING, PARENTAL CONCERNS, FOCUS NEEDED FOR DISCHARGE HOME
• WHAT HAPPENED ONCE HOME
• PARENT'S VIBE- FEELING GOOD, DEFEATED, CONFUSED
CHAMPION COACHING & INTERVENTION
ASSESSMENT

• I'VE HEARD ALL THAT PARENTS SHARED
• NOW I NEED TO SEE IT
• HOW CAN YOU GATHER INFORMATION IF YOU ARE ONE SLP COVERING LARGE AREA OR ONE SLP WITH A HUGE CASELOAD
• TECHNOLOGY IS YOUR FRIEND
• SHOW ME EXACTLY WHAT A TYPICAL FEEDING LOOKS LIKE
• SIT IT THE MOMENT EVEN IF UNCOMFORTABLE
• WATCH STRESS CUES of BABY/TODDLER AND FEEDER
• WHEN TO INTERVENE – WHAT DO I TACKLE FIRST????
MISSING - #1 GAME CHANGER!!!!

- WHAT AM I MISSING
- WHAT HAVE I NOT ASKED
- WHAT ANGLE DO I NEED TO SEE
- WHAT PIECE OF INFORMATION DO I NEED TO GATHER & HOW
- IS WHAT I'M ASKING REALISTIC FOR EACH FAMILY
- DO I NEED TO PULL IN ANOTHER SET OF EYES
- DO I NEED MY MOTOR CONSULT NOW OR SOON
- DO I NEED ECSE BEHAVIOR SUPPORT
- ALWAYS ASKING EVEN WHEN GOING WELL
CHAMPION COACHING & INTERVENTION PRACTICE

• MAKE A LIST OF WHAT NEEDS TO BE ADDRESSED AS YOU ASSESS AND ASK YOURSELF WHAT IS MISSING
• PRIORITIZE YOUR LIST
• TRY THE TOP 1 OR 2 INTERVENTIONS AND KEEP THE LIST FLEXIBLE
• THE LIST SHOULD BE A CONVERSATION BETWEEN YOU AND YOUR COLLEAGUES AWAY FROM PARENTS TO AVOID OVERWHELMING THE FAMILY (in most cases)
• COMMON QUESTION – HOW LONG
• HOW DO I KNOW IF IT'S WORKING
• COACHING IS EVERYTHING
• TECHNOLOGY IS YOUR FRIEND
CHAMPION COACHING & INTERVENTION
INDIVIDUALIZE- WHAT WE DO!

• THE REASON MY FAMILIES HAVE SUCH GREAT OUTCOMES AT EVERY AGE
  MY APPROACH IS 100% INDIVIDUALIZED

• THERE ARE COMMON STARTING POINTS HOWEVER WE ABSOLUTELY MUST
  MEET THE WHOLE FAMILY WHERE THEY ARE TO MAKE PROGRESS

• HOW CAN IT LOOK DIFFERENT

• MUST BE COMFORTABLE LIVING IN THE GREY ZONE

• ETIOLOGIES MATTER~ CARDIAC, GENETIC SYNDROMES, ANATOMY, ROM,
  BREATHING, TONE, ETC

• DO OUTSIDE RECOMMENDATIONS MAKE SENSE FOR WHAT YOU KNOW OF
  THE FAMILY? IF NOT GO TO BAT!
CHAMPION COACHING & INTERVENTION
OBSERVE- WHAT IS WORKING?

• DO WE NEED TO CIRCLE BACK TO LIST AND REPRIORITIZE-
• ARE WE MAKING PROGRESS, HITTING A PLATEAU, OR REGRESSING
• ARE WE BEATING A DEAD HORSE? BOTTLE VERSUS CUP/STRAW
• DO WE FEEL CONFIDENT IN THE REPORTING
• CONSISTENCY IS HUGE
• OUR BABIES ARE SO SO SMART- LISTEN TO THEM
• OUR TODDLERS WILL ABSOLUTLEY TELL YOU IF IT IS WORKING
CHAMPION COACHING & INTERVENTION

NEXT- WHAT'S NEXT

• WHEN WE BEGIN TO ASK OURSELVES WHAT IS NEXT
• NOW WHAT'S NEXT- CONTINUE THE CYCLE
TECHNOLOGY

• iPADS, THERAWE, TELEPHONES, ETC
• TEACH HOW TO GET THE ANGLES YOU NEED
• LOOK AT THE FEEDER!!!! SUPER IMPORTANT!
• RESPIRATORY STABILITY CRITICAL
KNOW THE FLOW

• BOTTLE NIPPLE SHAPE
• FLOW- IS IT MATCHING AND HOW TO ADJUST
• WORK WITH GRAVITY AND NOT AGAINST
• HOW TO SLOW FLOW WITH BREAST FEEDING
• LATCH
LOOK AT THE EQUIPMENT

• COULD THERE BE **TOTs**
• ARE WE USING DEVELOPMENTALLY SUPPORTIVE FEEDING TECHNIQUES
• ARE WE MATCHING THE DEVELOPMENTAL MOTOR AGE WITH THEIR ORAL SKILLS
• SHOULD WE TARGET SOME GROSS MOTOR BEFORE PUSHING NEXT STEP - RISKS
• GROSS MOTOR SKILLS ARE SO IMPORTANT...
SENSORY MOUTHS

• WE NEVER WANT TO "DESENSITIZE" A MOUTH
• CRUMB HIERARCHY
• LEAST NOTICABLE DIFFERENCE- BUT INDIVIDUALIZE ALWAYS!
• TRUST RELATIONSHIP 1ST
• "WELL-INTENDED" POOR FEEDING INTERACTION CAN SET A CHILD BACK SIGNIFICANTLY
• WE HAVE TO EDUCATE AND COACH SO EVERYONE IS ON THE SAME PAGE
TEACHING CHEWING

• WE WANT A BODY TO MOUTH CONVERGENCE
• WE ARE MOTOR PEOPLE! IF NOT THEN YOU STUDIED AND PROVIDE THERAPY TO THINGS THAT DON'T MOVE? THEN YOU TREAT PLANTS:)
• I HEAR THERAPIST GETTING UPSET ABOUT OT "TAKING OVER" DYSPHAGIA OR FEEDING. BUT THAT MEANS WE HAVE TO STOP SAYING WE "DON'T DO MOTOR".
• TONGUE LATERALIZING FOR CHEW
• LATERAL TEETH
CHEWING

• MATCH THE FOOD TEXTURE TO THE SKILL
• LIPS
• MODIFY WITH PURPOSE NOT JUST BECAUSE
• PLACEMENT
• SPOON IN OR OUT
• FORK IN OR OUT
• CAN WE EVEN START AT SOLIDS?
OLDER TODDLER RESTRICTIVE EATING

• THEY ARE EATING WITH THEIR EYES FIRST
• ENGAGE THE COGNITIVE
• ENGAGE WHOLE CHILD
• COACH ON HOW TO RESPOND TO POSITIVE AND NEGATIVE MOMENTS
TOTs

• LABIAL TIES RARELY OCCUR WITHOUT LINGUAL TIES
• MANY OF US HAVE TIES
• I ONLY CARE IF I CAN SEE A SIGNIFICANT IMPACT ON FUNCTION
• TRADITIONAL Tx NOT ACHIEVING PROGRESS EXPECTED
• CASE STUDIES-
CASE STUDIES/ QUESTIONS

• CASE STUDIES
• CARDIAC BABIES
• LARYNGOMALACIA
• RARE SYNDROME TODDLER
• QUESTIONS

• IF INTERESTED IN HOSTING A CONFERENCE ON "THE CHAMPION APPROACH TO BIRTH-3 FEEDING AND SWALLOWING" PLEASE FEEL FREE TO CONTACT ME AT
• 785-274-7430 OR ADELGADOSLP@YAHOO.COM
Resources