

Guided Feeding Support



Support that fits your needs!

We want mealtimes to be a positive and safe time for your whole family! Shelby and Natalie can both work to guide families to better understand their infant's needs and the developmental transition to solid foods.

How We Can Help!

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**Starting solids off right-
Promoting a positive
relationship with eating!**

Package Details

Includes virtual support with initial questionnaire, families feeding concerns/goals, education & support on signs of readiness, highchair set up, safety, graded introduction of solids, & recommendations to support a positive and enjoyable feeding experience for all!

2 x 20 minute follow-up supports
Home support available upon request.

\$245.00

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**Webinar: Eating from 6-12
months!**

Package Details

Webinar covers the following topics:
transitioning textures, building independent skills and promoting exploration!

20 minute virtual Q&A follow up
with out OT

Coming Fall 2023

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**Let's take the picky out
of eating!**

Package Details

Includes intake questionnaire, food tracking log for parents, virtual consultation meeting, and tailored recommendations.

2 x 20 minute follow-up supports
Home support available upon request.

\$345.00



Feeding Styles for Your Family

1. Spoon Feeding

Traditional approach to feeding, where the parent is in control. The child is typically fed purees or mashed foods to start.

2. Baby Led Weaning

Focuses on skipping spoon feeding and purees! Babies are encouraged to use their fingers and self-feeding is at the forefront.

3. Combination Feeding

This approach to feeding combines spoon feeding and baby led weaning. Allows for a mixture of child led and parental control during the feeding process.

Common Areas of Support

Positioning, adaptive equipment, anticipatory guidance with picky eating, impact of developmental delays.

"Let's bring joy back into feeding"

HOW TO FIND US!



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