

Speech vs. Occupational Therapy (OT) Feeding Services

Speech Therapy

- Determining strategies to encourage optimal food preparation for safe swallowing
- Evaluate and treat causes and signs/symptoms of unsafe swallowing
- Assess oral motor skills required to safely accept a variety of textures

The Overlap

- Parent and caregiver education for positive meal time experience and mealtime routines and schedules
- Introduce new foods using a step-by-step approach
- Work together to provide multidisciplinary care to address all eating difficulties
- Assess readiness to engage with new foods

Occupational Therapy

- Encourage engagement with new foods using a sensory based and child-led approach
- Assess and treat underlying sensory dysregulation that affects mealtime
- Monitor sensory responses to new foods, using sensory-based problem solving to help children adapt

