

IMPORTANT! READ BEFORE ENTERING!

_____ Program

Behavior Goal:

_____ will be able to eat well-balanced meals that meet his/her caloric and nutritional needs for growth and good health, without fear of choking or food getting caught in her/his throat.

Behavior Plan:

Required intake: See Daily "Meal-to-Meal" Record

Preparation: One-hour in room with no visitors or activity prior to meals (no TV, activities or visitors, including family)

Mealtimes: Approximately __ am, 12 noon, & __ pm

Procedure: _____ will be presented with his/her food tray, which she/he will consume under coaching and direct supervision of assigned staff for that meal. He/she will have 20 minutes to consume the required portions and variety of foods for that meal.

Contingencies:

If _____ eats the required amount of food for that meal within the 25-minute period, she/he will receive full privileges to include:

- Watching TV and videos
- Leaving the room to visit on the unit & play in the playroom
- Work with Child Life, make crafts, etc.
- Have visits from family and friends

If _____ does NOT eat the required amount of food for that meal, *she/he must remain in the room until the next mealtime with no activities or visitors.*

IMPORTANT! Between meals _____ should not eat and should only consume water. No flavored drinks or supplements.

Role and Conduct of Staff Doing Mealtime Sessions:

If _____ refuses to eat during the mealtime, her/his tray is removed after the 25-minute period is over. The staff member attending the mealtime should be there for the full 25-minute period of the meal, and should not make any comments other than express optimism that _____ can reach the goal the next mealtime.

Staff should assume a “minimalist” role in encouraging _____ in eating meals, e.g., “you did that well; you’re getting better at that; you’ll get there,” etc. However, _____ should be given strong praise and encouragement when he/she consumes the specified amount of food during the meal. Otherwise, refrain from excessive conversation. *There should be NO pleading, negotiating, begging, threatening, etc.*

If _____ engages in inappropriate behavior, this should be ignored after a brief empathic statement, e.g., “I know this is hard, but you’ll get there.”

Reference:

Burklow, K.A. & Linschied, T. (2004). Rapid Inpatient Behavioral Treatment for Choking Phobia in Children. *Children's Health Care*, 33(2), 93-107. (doi:10.1207/s15326888chc3302_1)

Video links:

<http://copingclub.com/maddie-overcomes-her-choking-phobia/>

<http://copingclub.com/victorias-eating-challenges/>

This form created by Bryan D. Carter, Ph.D., Director, Pediatric Consultation-Liaison Service, Kosair Children’s Hospital, Professor of Pediatrics, University of Louisville School of Medicine, bryan.carter@louisville.edu