

Eating Skills: Feeding Defensiveness

Many children who are blind/low vision (BLV) develop sensory defensiveness. This can create oral sensitivities, which may result in extreme aversions to the smell, taste, and texture of food. It is common for parents to recognize an aversion to food at about the time when a toddler moves from stage 2 baby foods (smooth) to stage 3 baby foods (chunky).

Your child's speech therapist and occupational therapist can work with you on creating a sensory integration plan for your child. A sensory integration feeding plan begins with giving your child experiences of touch throughout their entire body, then providing opportunities of touch around the mouth, and then working up to smelling, touching, and tasting. Also, many local therapy centers for speech and occupational therapy now offer feeding groups for children. Research is also available to help you create a feeding plan.

Resources

- [When Children Won't Eat; Key Takeaways From Dr. Kay Toomey](http://nwpfnutrition.com/when-children-wont-eat-key-takeaways-from-dr-kay-toomey)
(nwpfnutrition.com/when-children-wont-eat-key-takeaways-from-dr-kay-toomey)
- [Building Bridges Therapy Center - Intensive Feeding Program](http://bridgestherapy.com/feeding-program)
(bridgestherapy.com/feeding-program)
- [A Dietitian's Ultimate Guide to Picky Eating](http://sarahremmer.com/ultimate-guide-to-picky-eating)
(sarahremmer.com/ultimate-guide-to-picky-eating)
- [New Visions](http://new-vis.com)
(new-vis.com)
- [Thrive Pediatric Therapy](http://thrivepediatricspeech.com)
(thrivepediatricspeech.com)
- [Speech Dynamics](http://speechdynamics.com)
(speechdynamics.com)
- [Carol Stock Kranowitz: The "Sync" Series](http://out-of-sync-child.com)
(out-of-sync-child.com)

Additional Resources

- [American Printing House for the Blind \(APH\)](#)
(aph.org)
1-800-223-1839
- [Learning, sight, and sound made easier \(LS&S\)](#)
(lsproducts.com)
1-800-468-4789
- [MaxiAids](#)
(MaxiAids.com)
- [Independent Living Aids](#)
(independentliving.com)

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