OT Mastery

Pediatric Feeding and Eating

1. What's the difference between an OT and SLP's (speech-language pathologists) role in feeding?

A. SLPs focus on the mechanisms in the mouth and throat while OTs focus more on the motion and a child's ability to self-feed
B. There is no difference
C. SLPs only help children who are tube fed and OTs assist with manual feeding
D. SLPs focus on children with medical-related feeding difficulties and OTs treat kids who have sensory-related feeding difficulties

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2. What gender more commonly experiences feeding concerns?

A. Male children
B. Female children
C. Both genders experience them equally
D. Both genders experience them equally but girls experience them more than boys in adolescence

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3. Which of the following is considered the second phase of feeding?

A. Oral phase
B. Pre-oral phase
C. Pharyngeal phase
D. Esophageal phase

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4. At what age should a child demonstrate more accurate and efficient fork skills?

A. 2 years
B. 3 years
C. 2.5 years
D. 1.5 years

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5. What is considered a sign of potential aspiration?

A. Elimination difficulties
B. Meals that last 40 minutes or more
C. Low-grade fever after eating
D. Overstuffing food

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6. Why might a child develop 'failure to thrive'?

A. Refusal to eat
B. Poor sensory regulation
C. Brain injury
D. Medical concerns

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7. What is the "Get Permission Approach"?

A. A policy that states therapists must ask parents for consent before treating kids with feeding concerns
B. A treatment approach that guides therapists in providing sensitive, responsive, and evidence-based feeding therapy
C. An approach that involves parents asking their children for permission to feed them
D. An approach that says children should not ever need to ask for food and should take it themselves

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8. An occupational therapist should educate parents about the use of rewards during feeding. How should they advise them?

A. Rewards should not ever be used in feeding
B. Rewards should not be food-related
C. Rewards should only be given a child eats their entire meal
D. Rewards should only be used sporadically

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9. What is a good example of a food bridge?

A. Plain rice > rice with butter > rice with olive oil > rice with 3-ingredient salad dressing > rice with pepper
B. Broccoli > brussel sprouts
C. Plain pasta > pasta with sauce > pasta with sauce and cheese
D. Unsalted crackers > salted crackers

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10. What is a good way for occupational therapists to help kids build hand-to-mouth coordination?

A. Running
B. Relay races
C. Mazes
D. Scavenger hunts

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