

Feeding Skill Generalization



"Why will she eat that in OT but not at home?"



"Why will he will eat that for you but not for me?"

What is 'Generalization'?

Generalization is the ability to use or display a learned skill in new situations, such as within different places, with different people, and over extended periods of time.

10 Strategies to support generalization with feeding skills

1

Take pictures and videos within the OT session to watch at home

6

Have a parent join for part of the feeding task or session

2

Try, try again. Sometime it takes up to 20 exposures for a child to try a new food

7

Incorporate visuals that are consistent in all different environments

3

Make it a positive and no-pressure experience

8

Talk to the therapist about a food hierarchy

4

Tried something new in your session? Bring some extra home with you

9

Change the presentation when your child is learning about foods so they don't get 'stuck'

5

Get silly, get creative and try to make it fun!

10

Provide lots of praise and positive affirmations for what they did do