

# Eat, Laugh, Explore



## Feeding Groups

### *Lunchtime Mates and Dinner Detectives*

Children's Speech and Language Services, Inc. is excited to continue offering our feeding groups. The group integrates a combination of the best feeding methods to meet your individual child's needs. The goals of the program include:

1. Learning to have positive experiences with food.
2. Building mealtime routines.
3. Tolerating exploration of new textures and tastes during meals.
4. Working on strategies to improve chewing skills.
5. Varying the foods your child will attempt to taste and swallow.
6. Increasing the volume of food your child eats and drinks.
7. Generalizing new feeding skills to the home environment.
8. Providing carryover tips and ideas for caregivers.

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