

Emerge



Believing
in a Child's
Potential to
Flourish

A Child's Place

Sept. 2014

Occupational Therapy
Speech Therapy

Phone:
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3905 University Drive
Durham, NC 27707

Serving children from
birth to adolescence

Using therapy to improve
conditions such as:

- Delayed Speech
- Developmental Coordination Disorder
- Speech Impairments
- Non-communicative Speech
- Oral/Verbal Apraxia
- Language Disorders
- Feeding Difficulties
- Autism/Asperger's/PDD
- Developmental Delay
- Cerebral Palsy
- Sensory Integration Disorders
- Sensory Modulation Disorders
- Handwriting Impairments
- Fine & Gross Motor Delays

A Private, Independent
Provider



www.EmergeAChildsPlace.com



New Study Connects

Picky Eating and Faltering Growth



Bonnie Hacker, MHS, OTR/L
Founder / Director

A study recently published in the *Journal of Nutrition and Health* followed 150 children categorized as picky eaters.¹ From one to five years of age, picky eaters consuming reduced amounts of food according to parent perception showed statistically significant faltering growth in terms of height and weight compared to same-age peers. While the difference in height was so small that it probably would not concern individual parents, the statistical significance of the difference between groups highlights the health challenges that can accompany picky eating among young children. Aside from the family stress that can develop when every meal becomes a battle, studies have connected picky eating and problem feeding with delayed growth,² upper respiratory tract infections,³ development of anorexia nervosa,⁴ and susceptibility to chronic illness.⁵



For some children, problem feeding is more than just a normal stage of development. In the current *Journal of Nutrition and Health* study, 44% of parents of pre-schoolers reported eating / feeding patterns that were considered to represent decreased food intake. Ten to twenty-five percent of parents become concerned enough about dietary intake to present the problem to their healthcare providers.⁶ Picky eating has a prevalence of up to 80% among developmentally delayed children, but developmentally normal children are often picky eaters as well.^{6,7} Clinically important picky eating can stem from a number of possible causes including sensory integration disorder, motor skill deficits, neophobia, digestive disorders, nutritional deficiencies, and drug side effects. Regardless of the original cause for picky eating, children learn behavioral patterns around the picky eating practices. Even when medical / organic causes have been addressed, unlearning unproductive behavioral patterns is recommended.

Most parents receive coaching on how to work with their picky eaters. Strategies include introducing new foods 12 to 15 times before giving up, not bribing, and being good parental role models for healthy eating. Emerge - A Child's Place can provide additional help in terms of transforming picky eaters into children with better, more cooperative nutritional intake. At Emerge, each child receives an individual, expert evaluation from a pediatric speech and/or occupational therapist. This enables Emerge therapists to develop a plan of action that addresses each child's individual challenges correctly. Sessions may be individual or in carefully enrolled groups. Programs for children are fun, and children perceive them as play. Programs also include important education for parents. The end result is a child with increased food acceptance, increased variety in diet, and improved nutrient intake.



The Fun Place for Therapy

At Emerge, children find skilled therapists, colorful surroundings, and lots of toys and playful equipment. In general, Emerge is a place children like at first sight and look forward to visiting again. Important therapy has never been so much fun.

Please tell parents about Emerge - A Child's Place
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