



Pediatric Feeding and Swallowing: An Interactive Workshop

Birth to Three Years of Age

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Jacki Kemp MS-CCC, SLP

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Overview

This course provides relevant information and hands-on learning to implement functional assessments and treatment strategies for your birth to three-year old caseloads with specific feeding and swallowing concerns.

After providing a review of anatomy and physiology specific to pediatric feeding and swallowing, it will detail typical development (milestones) and red flags (risk factors) for the speech-language pathologist. Next presenters will offer current practices on evaluation and treatment, beginning in the neonatal setting and ending in the pediatric outpatient practice.

The session will finally transition to an interactive breakout session, where the presenters will collaboratively demonstrate simulations of different evaluation and treatment techniques upon conclusion of the didactic section of the workshop and participants will have the opportunity to interact with simulations and ask questions from experts.

Speaker Bios

Susan Pattay, Ed.D., CCC-SLP, BCS-S is an Assistant Professor in the Department of Speech-Language Pathology at Monmouth University in West Long Branch, New Jersey.

Prior to her role at Monmouth, Dr. Pattay worked as a medical speech-language pathologist in hospitals, rehabilitation centers and otorhinolaryngology clinics before completing a Doctorate of Education at Vanderbilt University.

Dr. Pattay is very active in the professional organizations for Speech-Language Pathology at both the state and national levels within several committees. As a board-certified specialist in swallowing and swallowing disorders (BCS-S), Dr. Pattay also presents on her specialty area at the state and national levels. She is also an active member of the American Board of Swallowing and Swallowing Disorders as well as the Dysphagia Research Society.

Dr. Pattay teaches courses including swallowing disorders (for both pediatric and adult populations), voice disorders and adult neurological language disorders. She also leads the Monmouth University Swallowing and Endoscopic (MUSE) Lab, which aims to investigate practice patterns for swallowing disorders, including graduate student preparation for the NICU setting.

Dr. Pattay still serves in a clinical capacity through the Robert Wood Johnson Barnabas Health System and the Virtua Health System, specializing in ICU and NICU settings.

Jacki Kemp, MS, CCC-SLP, is a private practice speech pathologist and clinical supervisor at The Speech Tree in Morganville, New Jersey. With over 25 years of experience, she has worked with all age groups and medical diagnoses. Currently, working with pediatrics and treating oral motor, orofacial myofunctional, feeding and swallowing disorders.

Jacki also serves as an adjunct instructor at Monmouth University.

Objectives

- Identify major hallmarks of pediatric swallowing anatomy & physiology
- Describe evaluation and treatment options for the NICU setting
- Define normal feeding skills and swallowing development from birth to 36 months of age (skills by months)
- Understand evaluation and treatment of pediatric populations with and without significant medical backgrounds
- Roleplay some of the skills discussed in the didactic portion of the session in a workshop

NICU Agenda

- **Review of Anatomy & Physiology of Pediatric Swallowing**
- **Assessment**
- **Intervention**



NICU Pre-Feeding and Feeding

- Infant Driven Feeding Scale

Scale/Score	Direct Feeding Readiness Scale (START AT 32 WKS)
1	Alert or fussy prior to care. Rooting and/or hands to mouth. Good tone.
2	Alert once handled. Some rooting or takes pacifier. Adequate tone.
3	Briefly alert with care. No hunger behaviors. No change in tone.
4	Sleeping throughout care. No hunger cues. No change in tone.
5	Significant change in HR, RR, O2, or WOB outside safe parameters.

- Non-nutritive Suck and Suck/Swallow/Breathe



Pediatric Instrumental Assessments

- Video Fluoroscopic Swallow Studies
- Fiberoptic Endoscopic Evaluation of Swallowing (FEES)



Birth to Age Three Agenda

- **Clinical Importance of Early Emerging Feeding Skills**
- **Understanding Feeding Milestones**
- **Areas of Concern for the SLP (Red flags, Dysphagia v PFD)**
- **Assessment**
- **Intervention**



SPEECH THERAPY

FEEDING MILESTONES HANDOUT

Feeding Developmental Milestones

0-6 mos	6-12 mos	12-18 mos	18-24 mos	2-3 years
<p>Oral Motor Skills: 0 to 3 months Latches to nipple Sucks and swallows</p> <p>Safe Foods: Human milk and/or formula</p> <p>4 to 6 months Opens mouth for spoon</p> <p>Uses tongue to move food to back of mouth for swallowing</p> <p>Safe Foods: Human milk and/or formula, infant cereal mixed with breast milk or formula*, smooth baby foods (purees) with no lumps or chunks</p>	<p>Oral Motor Skills: 6 to 9 months Starts to drink from a cup Drools less Moves food around mouth using tongue Munches</p> <p>Safe Foods: Human milk and/or formula, water, smooth baby foods w/ lumps, soft, chewable solid foods</p> <p>9 to 12 months Takes a small bite from a larger piece of food Begins chewing food on both sides of mouth (called "rotary chewing") Closes lips during swallow</p> <p>Safe Foods: Human milk and/or formula, water, soft bite-sized foods</p>	<p>Oral Motor Skills: Uses tongue to move food from side to side in mouth Drinks from straw without help and without spilling</p> <p>Safe Foods: Foods made of mixed consistencies Human milk, pasteurized whole milk, water</p>	<p>Oral Motor Skills: Consistently chews food on both sides of mouth Moves food around mouth, chews, and swallows without spilling</p> <p>Safe Foods: Foods that require a lot of chewing, like chicken breast Child still requires adult to cut more challenging foods into smaller pieces to prevent choking Human milk, pasteurized whole milk, water</p>	<p>Oral Motor Skills: Drinks from an open cup without spilling Chews all foods, including those with tougher textures, without gagging or choking</p> <p>Safe Foods: Most crunchy, hard, or mixed food textures, but parents should avoid offering foods that carry a choking risk Child still requires adult to cut more challenging foods into smaller pieces to prevent choking</p>

www.asha.org

GREAT PRINTABLE & DIGITAL RESOURCE!

Key Components to Successful Feeding Therapy (Birth to 3 Years)

Oral motor

**Sensory
integration**

**Safe
Swallow**

Positioning

**Adequate
Nutritional
intake**

**Family
Training /
Education**

**Behavior
Strategies**

**Self-feeding
skills**

**Developmental
transitions of food
consistencies**

Intervention for PFD

Training and Certification Programs

SOFFI - training program for preterm and EI stages
Feeding FUNdamentals



SOS Approach to Feeding by Dr. Kay Toomey
(Sequential Oral Sensory)



Melanie Potock - Author and Coach - **Mymunchbug.com**

Books: *Responsive Feeding*; *Adventures in Veggieland*; *Raising a Healthier, Happy Eater*
-work has been with picky eaters



AEIOU Feeding – An Integrated Approach to Pediatric Feeding

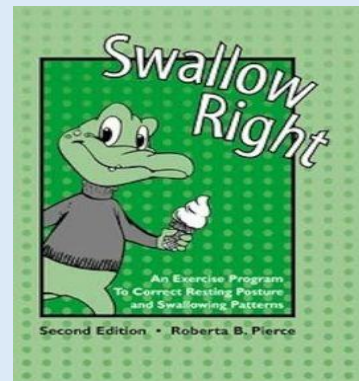
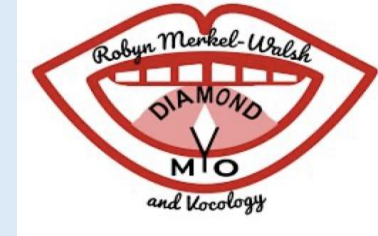
(Stands for: Acceptance, Exposure, Independence, Observation, Understanding)

By Nina Ayd Johanson at Food Smart Kids

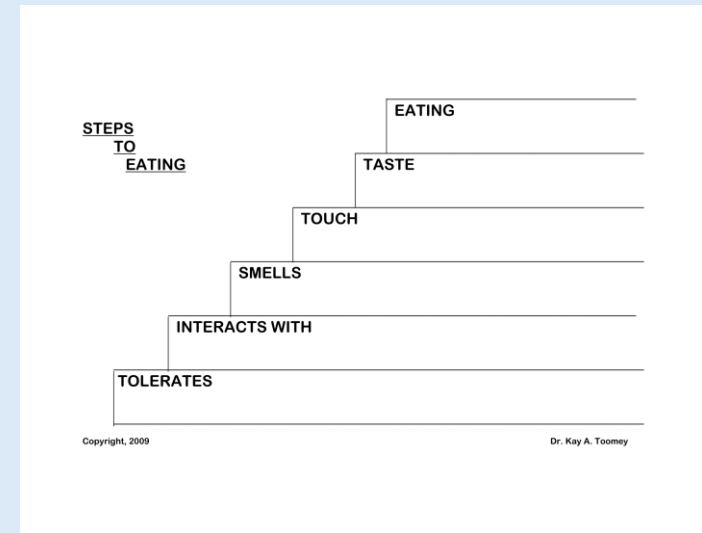


PFD INTERVENTION... CONT

- **TalkTools.com**
 - - Tools, techniques and trainings
- OMD and TOTS by Robyn Merkel Walsh/ MyoSolutions
- Oral motor/Sensory by Lori Overland
- Oral Placement Therapy by Sara Rosenfeld-Johnson
- **Feed the Peds** by Haley Bulkin
 - Provides training, assessment skills, and mentorship
- **Beckman Oral Motor Approach: by Debra Beckman:** therapeutic, noninvasive program designed to improve the functional strength, coordination and ROM of the mouth; uses assisted movements and stretches to help children with sensory issues and feeding.
- **Swallow Right (2nd Ed)** by Roberta Pierce
 - An Exercise Program to correct resting posture and swallow pattern
- **Simon Says Speech-** by Jennifer Simon Triandafilou
 - Myofunctional certification courses
- **Feeding Matters** – provides resources, programs conferences

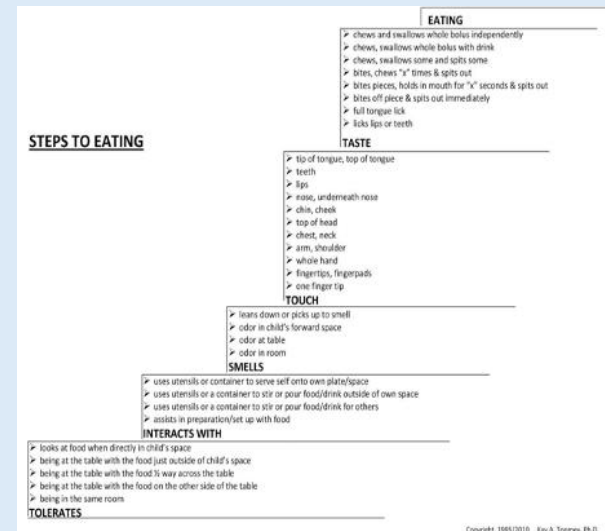


- SOS Approach to Feeding By K. Toomey



Copyright, 2009

Dr. Kay A. Toomey



Copyright, 1991/2010 Kay A. Toomey, Ph.D.

Workshop Demonstrations

- NICU Pre-Feeding Assessment and Feeding Assessments
- NICU Fiberoptic Endoscopic Evaluation of Swallowing (FEES)
- Pediatric Feeding: SOS
- Pediatric Therapy: Oral Motor Tools

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