
TERMLY FEEDING PROGRAMME

Name:

D.o.b.

Class:

Therapist:

Aim: To provide twice daily input to promote positive interactions with food.

Day	Week 1	Comments
Day 1 AM:	Dry rice sensory bucket/box. Find letters, numbers, colours or shapes hidden in the rice.	
Day 1 PM:	Counting baked beans: Place baked beans in a Ziploc bag. Squash the beans to count them.	
Day 2 AM:	Repeat dry rice sensory box	
Day 2 PM:	Cornflour tray to mark make with a stick and then with fingers. Draw shapes, lines, crosses, letters etc.	
Day 3 AM:	Repeat dry rice sensory box	
Day 3 PM:	Hair gel bag.	
Day 4 AM:	Dry Rice Krispies sensory box.	
Day 4 PM:	Cheerio threading.	
Day 5 AM:	Dry Rice Krispies sensory box.	
Day 5 PM:	Wet Rice Krispies sensory box.	

Day	Week 2	Comments
-----	--------	----------

Day 1 AM:	Dry rice box. Find letters, shapes etc.	
Day 1 PM:	Counting baked beans: Place the beans in a Ziploc bag. Squash the beans as you count them to feel the texture without touching directly. Repeat with the beans on a plate for direct touch.	
Day 2 AM:	Dry sand sensory box. West sand box to mark make, form letters, shapes etc. with finger.	
Day 2 PM:	Food printing e.g. broccoli, apples, carrot rings dipped in paint.	
Day 3 AM:	Dry peas sensory box to drive cars through.	
Day 3 PM:	Raisin, carrot discs and pea Maths. Use the food as counters.	
Day 4 AM:	Crazy foam tray to mark make and hand print in.	
Day 4 PM:	Spaghetti pictures. Using cooked spaghetti make patterns with the spaghetti taking it out of a bowl and placing it on paper. Paint over with a brush.	
Day 5 AM:	Finger paint with chocolate spread or jam.	
Day 5 PM:	Carrot/banana ring towers. Cut the food into discs to stack.	

Day	Week 3	Comments
Day 1 AM:	Crazy foam to mark making with fingers.	
Day 1 PM:	Spaghetti pictures using cooked spaghetti.	
Day 2 AM:	Finger paint with spreads or jam.	
Day 2 PM:	Colour match peas, carrots, strawberries into green, orange, red pots.	
Day 3 AM:	Custard writing. Firstly, in a Ziploc bag then in the custard on a tray.	
Day 3 PM:	Maths, with peas. Count peas to match a number card. Or simply move peas from plate to pot and count (depending on abilities).	
Day 4 AM:	Feed the child book. Like the Hungry Caterpillar but with the child's photo and food images on ribbons for the child to feed their picture. Use Velcro to Velcro the food images to the page.	
Day 4 PM:	Sensory rice bucket with cooked rice/spaghetti to find hidden items.	
Day 5 AM:	Make paper plates of food for breakfast, lunch and dinner. Glue and stick activity magazine images.	
Day 5 PM:	Make a collage of foods friend like or just a collage of food images.	

Day	Week 4	Comments
Day 1 AM:	Cooked pasta bucket/box. Find letters, numbers, colours or shapes hidden in the rice.	
Day 1 PM:	Using a large photograph with the mouth cut out A3 size. To feed self with food pieces. Place a bowl behind to catch it. Talk about ____ eat a carrot, a banana etc.	
Day 2 AM:	Cooked pasta sensory box.	
Day 2 PM:	Food printing e.g. broccoli, apples, carrot rings dipped in paint.	
Day 3 AM:	Frozen peas sensory box to find items in.	
Day 3 PM:	Pea roll. Using a slope roll peas down the slope into a goal.	
Day 4 AM:	Crazy foam tray to mark make and hand print in. Crazy foam splat. Using your hand splat a small pile of foam or clap hands together to form snow. (This is messy).	
Day 4 PM:	Penne pasta thread with cooked pasta onto a pipe cleaner.	
Day 5 AM:	Finger paint over letters or numbers with chocolate spread/jam.	
Day 5 PM:	Carrot/banana towers. Cut a carrot/banana into discs and stack to make towers.	

Day	Week 5	Comments
Day 1 AM:	Dry rice sensory bucket: Find letters, numbers, colours or shapes hidden in the rice. Hide them in cooked rice box.	
Day 1 PM:	Counting baked beans. Place baked beans in a Ziploc bag. Squash the beans to count them. Then repeat but count beans from one a plate to plate to give small amount tactile input.	
Day 2 AM:	Dry sand sensory box. Wet sand box to mark make, form letters, shapes etc. with finger.	
Day 2 PM:	Food printing e.g. broccoli and apples.	
Day 3 AM:	Dry peas' sensory box to drive cars through.	
Day 3 PM:	Raisin, carrot discs and pea Maths. Use food as counters.	
Day 4 AM:	Image photo of child to feed. (as in week 4).	
Day 4 PM:	Spaghetti patterns using cooked spaghetti.	
Day 5 AM:	Crazy foam play.	
Day 5 PM:	Food printing.	

Day	Week 6	Comments
Day 1 AM:	Sort spaghetti.	
Day 1 PM:	Food bags to explore.	
Day 2 AM:	Jelly tray to explore.	
Day 2 PM:	Food printing e.g. broccoli or apples.	
Day 3 AM:	Cooked rice sensory box	
Day 3 PM:	Raisin, carrot discs and pea Maths. Use the food as counters.	
Day 4 AM:	Frozen fruit marking.	
Day 4 PM:	Mix squashed banana with play dough to explore.	
Day 5 AM:	Spaghetti pictures. Using cooked spaghetti make patterns with the spaghetti taking it out of a bowl and placing it on paper. Paint over with a brush.	
Day 5 PM:	Finger paint with chocolate spread/jam.	

Activities:

Sensory bucket/box: Work by mirroring. You explore the rice, sprinkle the rice and then encourage the child to poke, touch, allow the rice to be in their hand and take items out of the box. You can leave a corner sticking out initially so they can use a pincher to reach the item. The box should be full enough that the whole hand can be buried when they are more confident with the texture.

Wet sensory box: Add a small amount of water to Rice Krispies and encourage the child to pick out Rice Krispies and transfer to another bowl. They may prefer to use a spoon initially and then use their finger for the last few.

Baked beans Maths: You may use 1 bag and count beans. Or place different numbers of beans to count in numerous bags, or do a sum $2+2=$ then count the number of beans to make 4.

Baked beans letters/shapes: Using a baked bean Ziploc bag draw letters in the juice OR place a letter/shape under the Ziploc bag the child rubs the juice out of the way to reveal the shape etc.

Hair Gel Bag: Ziploc bag filled with hair gel. Place letters, shapes, numbers etc. behind the bag for the child to trace over with their finger. Make hand prints in the gel bag.

Cheerio threading: Using spaghetti stuck into play dough thread Cheerios onto the spaghetti.

Photo feed: Using a large photograph of the child with their mouth open. Cut out the mouth and laminate. Place a bowl behind the large photo for the child to feed themselves through their mouth. Talk about the food and feeding....



Replace rabbit with an image of the child.

Food story: Using pictures of the child make a booklet. Place food items on ribbon attached to the book for the child to pretend to feed themselves. Replace the monster with the child's image to feed the child.

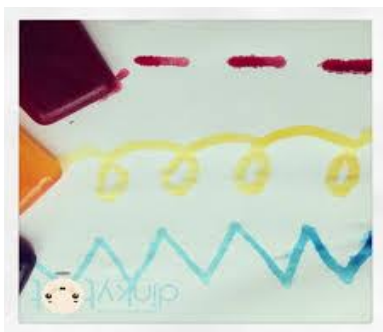




Colour match spaghetti. Sort and match to colour mats/bowls.



Food explore. Place different foods in Ziploc bags to feel without touching. Then remove to touch on a plate.



Frozen fruit e.g. raspberries, blue berries to mark make/draw.