

# A multidisciplinary approach to feeding challenges

The MOBS<sub>e</sub> (Medical/Nutrition, Oral-motor, Behaviour, Sensory, and Environmental) approach can be used to help identify what factors may be contributing to your child's feeding challenges. First, look at each different area and see if your child may have any of these difficulties. Often it is assumed that only one factor creates feeding challenges. In reality, it is a combination of factors. Once the different factors from each area are identified, it can be easier to get help for your child. These are examples. Your child may experience other factors, not on this handout, that contribute to their feeding difficulties.

## Medical/Nutrition factors may include:

- constipation
- reflux / vomiting
- dental issues
- growth concerns (e.g., slow weight gain)
- nutritional deficiencies or excess intake

## Oral-motor factors may include:

- gagging / choking
- problems with swallowing
- difficulty chewing
- difficulty transitioning from blended / mashed foods to solids

## Behavioural factors may include:

- interfering behaviour at mealtimes (e.g., tantrums, throwing food, refusing to come to the table)
- inflexibility with food preferences and / or mealtime routines

## Sensory factors may include:

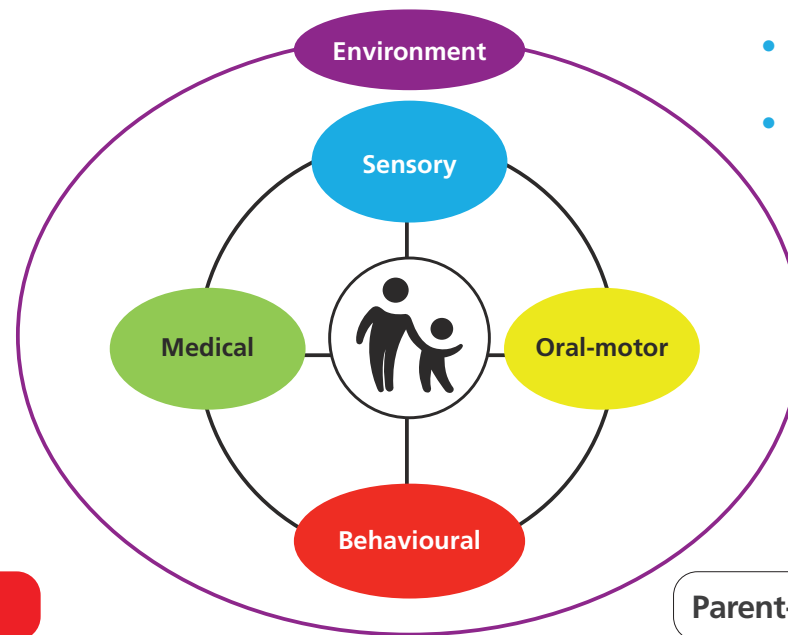
- not appearing to feel hungry
- being bothered by the look, smell, or sounds of food/chewing
- avoiding foods of certain textures/colours
- sensitivity to small changes in food/drink

## Environment factors may include:

- needing distractions while eating
- difficulty sitting for meals
- challenges eating in different environments
- difficulty maintaining a mealtime routine

## Parent-child relationship factors may include:

- the dynamic of the relationship you have with your child, especially at meal times, as a parent and child are very closely connected



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