

# Planning for Interventions within Naturally Occurring Family Routines and Activities

(Adapted from FACETS materials, Lindeman & Woods - <http://www.parsons.lsi.ukans.edu/facets/index.html>)

**Outcome:** Alyssa will become more independent in eating and drinking and be able to drink from a sippy cup and scoop foods with a spoon.

**Why is this important?** Alyssa is so proud of herself when she's successful. We also want her to be able to do more feeding on her own without always requiring lots of help from Mom and Dad – We want to eat our food while it's hot!

**How will you know you have met your outcome?** Alyssa will be able to drink from a (modified) cup without spilling and drink a whole drink from a straw. She will begin successfully scooping one food type with a spoon.

## Routine: Mealtime and Snack

### Skills Needed to Work on This Outcome

*What skills does the child need to work on this outcome?*

- Eye-hand coordination
- Fine motor – grasping
- Lip closure and sucking
- Making choices
- Communicating her want and needs
- Postural control

*What's already working?*

- Doug and Julie take turns feeding so neither gets overwhelmed.
- Doug and Julie have "invented" creative drinking cups and straw bottles that Alyssa is currently trying with success.
- Alyssa can take the filled utensil from Mom and give it back between bites.

*What skills/support does the family need to work on this outcome?*

- Choosing other eating/drinking utensils.
- Suggestions on food/drink choices.
- Positioning ideas and possible modifications.

### Possible Learning Opportunities/Activities:

*What possible opportunities exist within the routine or environment for meeting this outcome?*

- Experiment with fun, colorful straws during snack time with all kids.
- Try different types of sucking toys and whistles to increase strength. Practice blowing bubbles, blowing feathers off the table etc.
- Attempt different types of spoons to find the best tool for Alyssa to scoop foods.
- Work with an OT to explore additional modifications to cups and identify 4 different systems to try.
- Continue the strategy of making a BIG DEAL when Alyssa does things on her own!
- Try to gauge Alyssa's hunger levels at different times of the day. Maximize best times.
- Give Alyssa different fun drink choices and create picture boards to allow her to pick her favorites.

### Who Can Help? (Brainstorm a list of possibilities.)

*Who are the family members, professionals/providers, and others who can help child/family achieve this outcome?*

Doug and Julie  
Grandma

SLP  
PT

OT

### Possible Locations:

*Where could child/family work on this outcome?*

- Kitchen
- Snack Table
- Eating Out