



### Group Sessions

FEAST is a 12-week program with weekly hour-long sessions.

- ❖ **Session 1:** introductions, menu planning, creating incentive plan
- ❖ **Sessions 2-5:** Parents meet with a psychologist to learn about the intervention and plan for making food exposures part of their lifestyle. Oral motor therapists guide children through exposures with novel foods.
- ❖ **Sessions 6-12:** Parents observe, participate and guide their children through exposures with novel foods.
- ❖ **All sessions:** Children share their successes with the group. Group facilitators review and monitor progress with novel food exposures at home.



# WHO ARE WE?

### ABOUT US

Our goal is to make trying new foods rewarding and comfortable and to integrate novel food exposures into each family's lifestyle.

### CONTACT US

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# FEAST

Flexible Eating Advancement  
Support Therapy



A multi-family group  
therapy for children who are  
extremely picky eaters

*Putting the “eat” back into “feast”  
one meal at a time.*



Mt. Washington  
Pediatric Hospital

*Where Children Go to Heal and Grow*

An affiliate of University of Maryland Medical System and Johns Hopkins Medicine



## IS YOUR CHILD AN EXTREMELY PICKY EATER?

Does your child become distressed every time you offer something new? Do you give your child the same foods every day because he or she refuses to eat what everyone else is eating? If so, then your child may benefit from FEAST: A group therapy treatment program for extremely picky-eaters.

Our mission is to help children face their fears of trying new foods and provide caregivers with opportunities to learn and practice scientifically supported methods of helping their children expand their diet.



### Why group therapy for picky eating?

Many children who are severely picky eaters feel isolated. Working with other children in their age group helps normalize the challenges that they face. In addition, because children are often picky about different foods, group members become peer models and socially supportive towards one another.

## WE'LL HELP YOUR CHILD TRY NEW FOODS IN A SAFE, FUN, AND ENCOURAGING ATMOSPHERE!

### How does it work?

Group size ranges from 3-6 children. Group members are close in age. We meet for 1 hour every Monday starting at either 4pm or 5pm. FEAST is a 12-week program. During sessions, therapists help desensitize children to trying new foods by exposing them to several foods each session in a positive and encouraging environment.



### Does it work?

FEAST started in March 2016. We have treated children in over 10 cohorts. After examining the progress of each child that has participated in FEAST, we found that on average, a child takes 25 more bites of novel foods in the last session compared to the first. We also found that children that complete more sessions take more bites of novel foods by the last session.

### Who are the Group Facilitators?

Group facilitators include 1 psychologist and 2 oral motor therapists that specialized in treating children with food selectivity.

