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## Mealtime Stories

### 进食故事疗法：针对儿童进食障碍的创新行为疗法



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1

## The situation

- Beginning in the 1980s, survival rates for prematurely-born babies have increased. Also, more babies with congenital defects now survive.
- When small babies, they have various problems with swallowing milk and coordinating breathing and eating. Later, many show strong resistance to eating by mouth. (In the U.S., some are fed by gastrostomy tube for several years.)

2

## 概况

- 从上世纪八十年代开始，早产儿的存活率大幅度提升。同时，更多有先天性障碍的幼儿也存活了下来。
- 初生婴儿在吞咽奶水、呼吸协调和进食等诸多方面会面临许多问题。有许多婴儿会对用嘴进食产生强烈的抵触。（在美国，有些婴儿不得不用饲食管喂食长达数年时间。）

3

## The situation, continued

- In addition, rates of autism are increasing.
- Children with this illness may also have trouble eating normally. They may eat very small amounts of food or a very restricted diet.

4

## 概况

- 而且幼儿孤独症的患病率也在增加。
- 患有此种疾病的幼儿往往在正常进食方面也有困难。他们经常会只吃很少量的食物，或者愿意吃的食物种类非常少。

5

## Behavior issues

- An estimated 85% of feeding problems have behavioral or psychological aspects.<sup>1</sup>
- This is true even regarding feeding problems caused by a medical illness.
- When parents are very worried about child eating, they may behave in a way that causes child to feel anxiety. They may also force-feed child. These behaviors by parents cause the child's aversion to food to increase.
- The more the child avoids food, the more worried the parents become. It is a negative cycle.



6

## 行为问题

- 据评估表明，85%的进食问题来自于行为或心理方面。
- 我们应该将进食问题视为一种疾病而进行认真的医学治疗。
- 当父母对婴儿的进食产生忧虑时，他们所采取的行动往往让幼儿感到焦虑和烦躁。他们也许会强迫自己的孩子进食。但这样的行为只能让孩子对食物的反感进一步加剧。
- 孩子越躲避食物，父母的忧虑情绪就越重。这是一个恶性循环。



7

## Traditional oral-motor approach (in U.S.)



- Therapist gives low-level stimulation to the face, mouth and tongue, then later increases level of stimulation.
- In this picture, therapist is using a machine that vibrates on the girl's face.

8

## 传统口部刺激手法（在美国）



- 针对这一问题，临床医师们对幼儿的脸、口和舌进行轻柔的刺激，随后再提升刺激强度。
- 在这幅图片中，临床医师正在使用一种器械轻触女孩的面庞。

9

## Problems with traditional approach:

- Progress is very slow.
- It does not improve the psycho-dynamics within the family.

10

## 传统手段的问题：

- 进展速度非常缓慢。
- 无法改善家庭内部的精神压力。

11

## Our new approach

- In the U.S., together with my colleague (Mary Neifert, OTR), I developed a behavioral approach to working with these children on their eating.
- It involves parent training, a reward system for moving up the Steps to Eating,<sup>2</sup> an interactive board game – and creating a Mealtime Story.

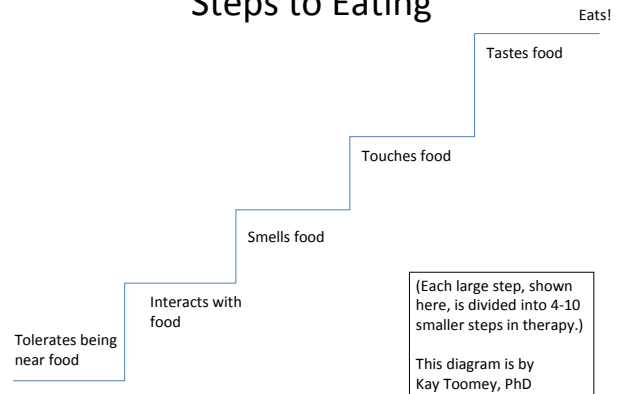
12

## 我们的新手段

- 在美国，我和我的同事Mary Neifert (OTR) 协力开发了一种行为方式，以治疗这些患儿的进食问题。
- 这其中包括了对患儿父母的训练，一个在进餐阶梯上行进的奖励系统，一个交互式的桌面游戏——这就是我们创造的飧食故事。

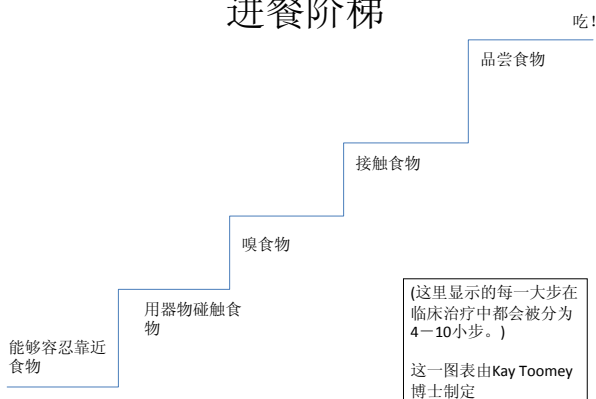
13

## Steps to Eating



14

## 进餐阶梯



15

## What is a Mealtime Story?

- A personalized book, about 16 pages long, containing photos of a child with his family and friends. The photographs show the child doing activities he enjoys, and eating (or just being near food).
- Suitable for children ages 2-12. We have also made them for older children with developmental delays.

16

## 什么是飧食故事？

- 这是一本为个人定制的图书，大约有16页，里面是幼儿与家人和朋友的合影。这些照片会展示幼儿做他喜欢的各种事情和吃东西（或者只是靠近食物）的情景。
- 这种图书适合2岁到12岁的孩子。我们也为更加年长，但发育迟缓的孩子制作了同样的图书。

17

## Sample books 样书



18

## How to use the book

- The parent reads the book to the child calmly and neutrally. (I.e., the parent is not putting pressure on the child to eat.)
- The child is able to “practice” eating in his imagination as he sees photos of the foods and photos of himself eating.
- The child visualizes himself eating and taking part in mealtimes with other people.

19

## 如何使用这种书

- 父母应该以平和自然的态度为孩子念诵这本书。（也就是说：父母不能对孩子的进食施加任何压力。）
- 当孩子看到食物和他自己进食的照片时，能够依照他自己的想像“练习”进食。
- 孩子想像自己进餐，并与其他人一同进餐。

20

## Results

- All children in our pilot study (2007) made significant improvement in their feeding.
- In surveys, parents and therapists were very happy with the results.
- We published a guidebook for therapists on how to make Mealtime Stories.
- Many OTs and speech therapists in western U.S. now using this technique (we have sold 250 copies of our book).

21

## 结果

- 在我们于2007年进行的初步研究中，所有孩子的进食情况都有了明显的改善。
- 在调查中，父母和临床医师们对治疗结果都感到非常高兴。
- 我们出版了一本手册，指导专业医师该如何制作膳食故事。
- 在美国西部的许多职业治疗师和言语治疗专家都开始使用这一技术了（这本手册已经售出了250本）。

22

## Is it hard to make a Mealtime Story?

- If you have the computer skills to make a Powerpoint presentation like this one, you can easily make these stories.
- Using our instructions and CD of 600+ photos, you can make one in about 20 minutes.



23

## 制作膳食故事很困难么？

- 如果你能够制作这样的Powerpoint幻灯，那么你就能轻松地制作膳食故事。
- 使用我们的指南和超过600张照片的CD，你能在20分钟时间内制作一本膳食故事。



24

### Technology makes these books easy

This type of storybook is a powerful tool for change. Young children understand photos much more easily than drawings.<sup>3</sup>

Digital photos and computer software make it very easy to create a book like this. You can also make by hand, but it will take much more time.

25

### 技术令这些图书成为轻松的享受

这种类型的图书是一种强有力的工具。幼儿看懂照片远比理解图画更轻松。

数字照片和电脑软件让制作这种图书的步骤变得非常简单。你也可以手工制作这种图书，但这样要耗费更多时间。

26

### Sample pages

#### Paul's Energy Power Book!



(This was a book we made for a 7-year-old who loved to move fast. He was malnourished due to eating only small amounts of a small variety of foods. The title was "Paul's Energy Power Book.")

27

### 样品页

#### 保罗的超能量!



(这是我们为一名好动的7岁儿童制作的图书。他因为只吃几种食物，而且进食量很少，导致营养不良。这本书的题目是“保罗的超能量”)

28



Cars burn gas to go. Space-ships fly on rocket fuel.



Paul uses Food Energy to power everything he does!

汽车飞驰要靠汽油能量。飞船升空要靠火箭燃料。保罗利用食物能量推动自己，去做一切事情!

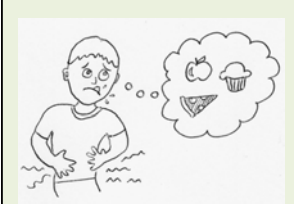
29



Your body has a fuel level, just like a car. When your fuel level is at least half full, you have plenty of power.

你的身体也有燃料水平，就像汽车一样。只有当你的燃料水平至少达到半满的时候，你才会有足够的能量。

30



如果你让你的燃料水平过低，你会觉得没力气，你的肚子也会不舒服.....

If you let your fuel level get too low, you may feel tired and your stomach may hurt...

(This book had 12 more pages.)

这本书还有另外12页

31

## Translations into Chinese?

- We have translated all of our story words into Spanish, because many OTs in California and Texas work with Spanish-speaking children.
- We have not had them translated into Chinese yet because we don't know yet if there is a demand.

32

## 翻译成中文?

- 我们已经将我们的全部故事翻译成了西班牙文，因为在加利福尼亚和得克萨斯，有许多职业治疗师在照料说西班牙语的孩子。
- 我们还没有将它们翻译成中文，因为我们并不知道在中国是否有这样的需求。

33

## References

1. Burklow, K. A., Phelps, A. N., Schultz, J. R., McConnell, K., & Rudolph, C. (1998). Classifying complex pediatric feeding disorders. *Journal of Pediatric Gastroenterology and Nutrition*, 27, 143-147.
2. "Steps to Eating" diagram by Kay Toomey, PhD, of Toomey and Associates (Denver, Colorado). In *Picky Eaters vs. Problem Feeders: The SOS Approach to Feeding*.
3. Simcock, G., & Deloache, J. (2006). Get the picture? The effects of iconicity on toddlers' reenactment from picture books. *Developmental Psychology*, 42, 1352-1357.

For full references, see [www.mealtimestories.com](http://www.mealtimestories.com)

34

## 参考书目

1. Burklow, K. A., Phelps, A. N., Schultz, J. R., McConnell, K., & Rudolph, C. (1998). Classifying complex pediatric feeding disorders. *Journal of Pediatric Gastroenterology and Nutrition*, 27, 143-147.
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35

## For more information

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36