



Impact of Tube-Weaning Program using Responsive Feeding Strategies

Definitions and References

Responsive Feeding Therapy (RFT) is an overarching approach to feeding and eating interventions applicable to multiple disciplines and across the lifespan. RFT facilitates the (re)discovery of internal cues, curiosity, and motivation, while building skills and confidence. It is flexible, prioritizes the feeding relationship, and respects and develops autonomy.

RFT Values: Autonomy, Relationship, Internal Motivation, Individualized Care, Competence

- Autonomy pertains to agency and respect for personal space and bodily integrity, enabling a person to be in control of their own actions
- Relationship refers to warm and attuned interpersonal connections that creates the context for learning to eat
- Intrinsic motivation describes a desire to act that is self-driven rather than brought about by external forces
- Individualized care refers to personalized interventions with a focus on the whole person, in the context of their families, communities and cultures
- Competence means the individual's perceived (as opposed to objectively assessed) sense of having sufficient skills to manage a situation

<https://www.responsivefeedingtherapy.com/rft-values-and-principles>

Coaching is an evidence based adult learning strategy in which the coach promotes the learner's ability to reflect on his or her actions as a means to determine the effectiveness of an action or practice and develop a plan for refinement and use of the action in immediate and future situations (Rush and Sheldon, 2013)

Coaching utilizes

- Joint Planning - an agreed upon plan between the coach and the coachee
- Observation - examination of another person's actions or practices to develop new skills, strategies or ideas
- Action - Spontaneous or planned events that occur within the context of a real life situation
- Reflection - analysis of existing strategies to determine how the strategies are consistent with evidence-based practices and how they may need to be implemented, changed or modified to achieve the goal
- Feedback - information provided by the coach that is designed to expand the coachee's level of understanding or to affirm the coachee's thoughts or actions related to the intended outcomes

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2869 DUKE ST
ALEXANDRIA, VA 22314

THRIVewithSPECTRUM.COM
Thrive@spectrumpediatrics.com

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References for Intrinsic Motivations to Eat

Connection

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References for Intrinsic Motivations to Eat (cont.)

Pleasure

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Hunger

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