TO ATTEMPT TOUCHING FOOD WITH DIFFERENT TEMPERATURES PROPERLY AND SAFELY

Introduction

- A child with oral sensory sensitivity will have a negative reaction to sensations – usually taste or touch in and around their mouth affecting their feeding (Lowsky, 2011). The average person would not have a negative reaction to those sensations, but a person who has oral sensory sensitivity does.

- This home program will focus on **touching and trying different temperatures of food safely**. These strategies and activities will help the child learn techniques in exploring and tolerating different food temperatures.

Materials Needed

<table>
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<th>Activity 1:</th>
<th>Activity 2:</th>
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| • 2 large water basin  
• 2 ziplock bag (1 with warm water and the other with cold water) | • 2 plates  
• Cold pasta and cold pasta sauce  
• Warm pasta and warm pasta sauce |
| Activity 3: | |
| • Warm soup  
• Spoon  
• Ice cream |

Instructions

**Activity 1: Temperature Awareness**

1. The caregiver will begin by filling the ziplock bags with water, one hot and one cold. Don’t make the hot water too hot or scalding hot, but there should be a difference in temperature to be noticeable.
2. Place the bags in front of your child. Show the child how you touch the bags first then encourage the child to touch the bags with both hands and talk about how they are different.
3. The caregiver will exaggerate reactions to the difference in the water bags. While touching the warm water bag, say “Hot! Hot!” then while touching the cold water bag, say “Oh! It’s cold!”
4. The caregiver will pick up the bags and shake them. The caregiver will say, “Listen to the sound of water in the bags. The bags are full of water but right now they are dry. What would happen if the bags opened up?”

5. The caregiver will place the warm water bag first in a big basin and open the bag inside the basin and say, “We opened the warm water bag first. Try to touch it. Does it feel warm?”

6. After the child touches the warm water, open the cold water bag inside the 2nd basin next and say, “We opened the cold water bag next. Try to touch it. Does it still feel cold?”

*Progression*

- Have the child touch the water using the feet as well.
Activity 2: Use of Whole Body Touch

The process of trying different food temperatures will start with fingers → whole hands → cheeks → nose → chin → lips → tip of tongue → full tongue → licking the food

1. The caregiver will set up the table with 2 plates. 1 plate for the cold pasta and cold sauce and the other plate for the warm pasta and warm sauce.
2. The caregiver will start with getting 1 piece of COLD pasta and touch it using fingers first as written on the guide above, continue until the last step (licking the food). For every step or body part, tell whether it’s COLD or not.
3. After licking the cold pasta, proceed with dipping it into the cold pasta sauce then touch it again based on the written guide. For every step or body part, tell whether it’s COLD or not.

Simplification

- The caregiver can do Step 1 to 3 by holding the water bags and placing them on the child’s palms if the child is scared to touch the bag itself.
4. It’s the child’s turn to try touching the COLD pasta and cold sauce, following the written guide as well. Again, for every step or body part, ask the child, “Is it cold?”
5. Next, the caregiver will get the warm pasta and warm sauce next.
6. Do the same steps as Step 2 to 4 but with WARM pasta and sauce.

**Activity 3: Touch, Blow, and Wait**

1. The caregiver will set up and prepare the soup and spoon on the table.
2. The caregiver will first demonstrate to the child how to eat soup on a spoon by following the guide below:
   a. The caregiver will scoop the soup then try to touch it with the fingers first then the lips.
   b. Make sure to exaggerate facial expressions showing that the soup is “hot” and verbally say, “Hot!”
   c. Then the caregiver will show blowing on the soup.
   d. The caregiver will touch the soup again and proceed eating it.
3. Allow the child to scoop the soup as well and follow the guide above.
4. Next, the caregiver will get a popsicle stick or any ice cream available and demonstrate how to eat it as well with the guide below:
   a. The caregiver will lick the ice cream and show exaggerated facial expressions showing that the ice cream is “cold” and verbally say, “cold!”
   b. Show the child to wait for a few seconds then try to touch the ice cream again then lick and proceed eating it.
5. The caregiver will give a popsicle stick or ice cream to the child as well while following the guide above.
Comments

Signature and name of therapist

Date: ______________

References