



# The DIR<sup>®</sup> Approach to Pediatric Feeding

**May 16 & 17, 2019**  
**Pasadena, California**

## *Presenters*

Diane Cullinane, MD  
Julie Miller, MOT, OTR/L, SWC  
Anne Davis, MS, CCC-SLP  
Jonae Perez, MPH, RD

## Agenda

**May 16, 2019**

- 8:30 Introduction: The DIR Approach: **D** is for **D**evelopment
- The D, I, R framework
  - The six Functional Emotional Developmental Milestones and strategies to support each milestone during mealtime
    1. Shared attention and regulation
    2. Engagement, warmth and trust
    3. Two-way communication
    4. Co-regulation and shared problem solving
    5. Use of symbolic ideas
    6. Symbolic, logical and abstract thinking
- 10:30 Break
- 10:45 **I** is for **I**ndividual Differences: Cognitive and linguistic profiles
- 12:00 *Lunch*
- 1:00 **I** is for **I**ndividual Differences: Sensory and Motor differences
- 2:00 **I** is for **I**ndividual Differences: Nutrition and Wellness
- 3:00 *Break*
- 3:15 Video Case Presentation
- 4:00 *Adjourn*

# The DIR<sup>®</sup> Approach to Pediatric Feeding

**May 17, 2019**

- 8:30        **R is for Relationships**
- Cultural role of food
  - Cultural response to disability and therapy
  - Parents' priorities
  - Parent's mental health concerns
  - Parents as partners in treatment
- 10:00        Break
- 10:15        Putting DIR together: Treatment Strategies
- Scheduling sessions
  - Routines within sessions
  - Food selection
  - Swallowing safety
  - Environment and positioning
  - Use of props
  - Mealtime management
  - Behavioral Challenges
  - Therapy Tools
- 11:45        *Lunch*
- 12:45        Video Case Presentation: Assessment and Course of Treatment
- 2:15        *Break*  
Video Case Presentations continued
- 4:00        Adjourn