

Feeding Training

What is feeding Training?

Feeding Training is a step-by-step process to help children develop the skills needed to eat & drink safely & independently. It may include improving oral motor skills, sensory tolerance, posture & self-feeding abilities.

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Goals of feeding Training :-

- ⊕ Improve oral motor skills (chewing, swallowing)
- ⊕ Increase food acceptance & variety.
- ⊕ Improve posture & seating tolerance.
- ⊕ Encourage self feeding & independence.
- ⊕ Ensure safe swallowing & reduce choking risk.

Feeding Training Activities

- ① Oral motor stimulation - Use a vibrating toothbrush or chewy tube on lips, cheeks, tongue & gums for 1-2 minutes.
- ② Blowing Activities - Blow bubbles, cotton balls or whistles to strengthen mouth muscles & breath control. 2026 © healingwithRam
- ③ Taste Exploration - Offer different tastes (sweet, salty, sour, bitter) in small amounts and encourage the child to try.

④ Food Texture Play:- Play with soft foods like mashed banana, yogurt, pudding to increase tolerance.

⑤ Self-feeding Practice:-

Encourage the child to hold the spoon or finger foods & bring the food to the mouth.

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Dressing Training

It is the process of teaching a child or individual to wear & remove clothes independently. It builds confidence, independence & improve daily living skills.

Goals of Dressing Training

- ⊕ To develop independence in daily life.
- ⊕ To improve fine motor skills.
- ⊕ To enhance co-ordination & concentration.
- ⊕ To improve self-help skills.

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Activities

- ① Pulling up pants:- The child pulls up elastic waist pants from knees towards waist.
- ② Removing shirt:- The child removes shirt by pulling it over the head & arms.

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- ③ Buttoning activities : The child practices buttoning large to small buttons on shirt.
 - ④ Zipper activities : The child practices opening & closing the zipper.
 - ⑤ Socks wearing : The child learns to wear socks by pulling & adjusting on feet.
 - ⑥ Velcro activity : The child opens & closes velcro straps on clothing or board.
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Bathing Training -

Bathing Training is the process of teaching a child or individual to clean their body safely & independently. It promotes self-care skills, confidence & hygiene.

Goals for Bathing Training

- ★ To develop independence in bathing.
- ★ To improve motor co-ordination.
- ★ To encourage self-care & hygiene.
- ★ To build confidence & self-esteem.

Activities

① Getting ready for bath :

Teach the child to collect towel, soap, shampoo & clothes before entering the bathroom.

② Turning on the tap :

Teach the child to turn on the tap & adjust water temperature with help.

③ Using soap/shampoo :

Teach the child to apply soap or shampoo & rinse properly.

④ Washing body parts : 2026 © healingwithRem

Teach step-by-step to wash face, neck, arms, chest, back, stomach, legs & feet.

⑤ Rinsing & drying :

Teach the child to rinse body with water & dry with towel.

⑥ Dressing after bath :

Teach the child to wear clean clothes independently.

Grooming Training

Grooming Training is the process of teaching a child or individual to take care of their personal hygiene & appearance independently. It helps to build confidence, self-esteem & promotes good health & social skills.

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Goals for Grooming Training

- ⊕ To develop independence in personal care.
- ⊕ To improve self-help & motor skills.
- ⊕ To encourage good hygiene habits.
- ⊕ To build confidence & self-esteem.

Activities

① Brushing Teeth:

Teach the child to apply toothpaste, hold the brush properly & brush all teeth in circular motion. Spit & rinse after brushing.

② Washing face :

Teach the child to wet the face, apply soap as face wash, rub gently & rinse with water. Pat dry with towel.

③ Combing hair :

Teach the child to hold comb & comb the hair from front to back or as the hair style. Can use mirror for help.

④ Trimming Nails

Teach the child to use nail cutter to trim nails straight, file sharp edges for safety.

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⑤ Bathing

Teach the child to remove clothes, use soap, clean all body parts (face, arms, chest, back, legs, feet) & rinse well.

⑥ Using Deodorant/Perfume :

Teach the child to apply deodorant or perfume on body for fresh feeling.

Toileting Training

Toileting training is the process of teaching a child to use the toilet or potty for urination & bowel movements independently.

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Goals for Toilet Training:

- ⊕ To develop awareness of bladder & bowel.
- ⊕ To establish regular toileting routine.
- ⊕ To promote independence & self-care.
- ⊕ To prevent accidents & maintain hygiene.

Activities

① Awareness Building:

- ⊕ Talk to the child about body parts & functions in a simple way.

② Establish Routine:

- ⊕ Read story books or show pictures related to using toilet.

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③ Establish Routine:

- ⊕ Take the child to the toilet at regular intervals (eg. after waking up, after meals, before sleep).

④ Consistency:

- ⊕ Consistency helps the child understand the habits.

③ Use of Toilet :-

- ⊕ Let the child sit on the toilet for 2-3 minutes.
- ⊕ Make sure feet are supported & the child feels comfortable & safe.

④ Positive Reinforcement :-

- ⊕ Praise the child for every success.
- ⊕ Use stickers, charts or small rewards to motivate.

⑤ Teach Hygiene :-

- ⊕ Teach the child to wipe, flush & wash hands, after using the toilet.
- ⊕ Make it a fun & regular habit.

⑥ Handle Accidents Calmly :-

- ⊕ Stay calm & do not scold.
- ⊕ Clean, change & encourage the child to try again.

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⑤ Self-feeding Practice :-

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