

CHAPTER 10: DEFINITIONS (LIST OF SPECIAL WORDS USED IN THIS MANUAL)

1. **Animation (of the face):** Similar to facial expressions. Ways to express emotions using movements and positions of the face. For example, smiling, frowning, raising eyebrows to show surprise or squinting the eyes to show anger or frustration.
2. **Aspiration/Aspirate:** When food or liquid pass into the lungs instead of moving into the stomach where they belong. This can lead to illness, malnutrition, dehydration and death.
3. **Astigmatism:** A problem with the eye that causes a person to see things in a distorted, incorrect way.
4. **Breast Engorgement:** When one or both breasts become swollen, hard and painful from too much milk production.
5. **Colic/Colicky:** When a baby experiences significant stomach pain and is extremely difficult to soothe. This condition is typically seen in young babies 0-3 months old and the cause is not known.
6. **Consecutive Sips:** Multiple sips and swallows of a liquid without a break in between sips.
7. **Co-Regulate/Co-Regulation:** The way we interact with others to become calm. For babies and children, learning how to co-regulate (get calm with another person) helps them learn how to get calm on their own (self-regulation).
8. **Cortical Visual Impairment (CVI):** A problem in the brain that affects a person's ability to see. It does not mean a person is blind; however, what they can see and how they see things is impaired and will be different for each person.
9. **Cues:** Sounds, body movements and facial expressions young babies and children use to let caregivers know their wants and needs including when they are ready to eat, enjoying interactions, when they are full or need a break from interactions.
10. **Custodial Caregiving:** When a person takes care of the basic standard needs of a child such as providing food and water, and may assist with other daily activities such as bathing and diapering and toileting.
11. **Desensitize/Desensitizing:** The act or process of making a highly sensitive person less sensitive or reactive to particular sensory information. For example, a child is highly sensitive and bothered by touch to the face. Over time, caregivers slowly and respectfully help the child become less bothered by touch to the face.

12. **Developmental Delay or Disability:** A condition impacting children 0-8 years old that disrupts a child's ability to grow and develop as expected in one or multiple areas.
13. **Diet Advancement:** When caregivers support a child's movement toward eating a new food texture or drinking a new liquid consistency.
14. **Disengagement Cues:** Signals from a baby or young child that mean they are full or overstimulated and need a break from a meal and/or interactions with others.
15. **Disorganized Sucking Pattern:** When a baby has an absent or poor sucking rhythm when feeding.
16. **Engagement Cues:** Signals from a baby or young child that mean they are hungry, interested in interacting with others or enjoying current interactions.
17. **Epiglottis:** A flap of tissue that covers the opening to the airway and the lungs. It helps prevent food and liquid from going in the lungs.
18. **Esophagus:** A tube of muscle that helps move food and liquid from the throat to the stomach.
19. **Exclusive Breastfeeding (EB):** When a baby is provided only breast milk. Formula, supplementation, water, food or other drinks are not provided. EB is strongly recommended for children 6 months and younger.
20. **Facial Molding Techniques:** Face massages used to support the development of a child's face and mouth muscles for feeding. When used before a feeding, they help stretch and ready the muscles of the face for eating and drinking.
21. **Failure to Thrive (FTT):** When a baby or child "fails" to grow and develop well as expected for their age. These children often require extra nutritional support such as additional feedings, high calorie food and liquid or tube feedings to increase calories and boost growth.
22. **Fuss/Fussing/Fussy:** When a baby or child becomes easily upset. Fussy babies become upset often and they can be very difficult to soothe.
23. **Gape:** When a baby's mouth opens and becomes wide in order to accept the breast. A wide gape is needed for a baby to latch to the breast well for feedings.
24. **Gastroesophageal Reflux (GER):** When food from the stomach comes back up into the throat causing pain and discomfort.
25. **Gastroesophageal Reflux Disease (GERD):** A more serious and long-lasting form of GER that may prevent a baby from feeding well and gaining weight. These babies tend to spit up often, appear uncomfortable and seem hungry but frustrated when feeding.
26. **Gulp/Gulping:** Too big of a sip or taking many big sips repeatedly without a break.

27. **Hyperreactive:** When a person shows a strong reaction (increased sensitivity) to sensory information. This reaction is stronger than typically expected.
28. **Hypertonia (High Tone):** Tight, rigid muscles in the body.
29. **Hypersensitivity/Hypersensitive:** When a person shows a strong reaction (increased sensitivity) to sensory information. This reaction is stronger than typically expected.
30. **Hypotonia (Low Tone):** Floppy, weak muscles in the body.
31. **Hyporeactive:** When a person shows a reduced reaction (reduced sensitivity) to sensory information. This reaction is less than typically expected.
32. **Hyposensitivity/Hyposensitive:** When a person shows a reduced reaction (reduced sensitivity) to sensory information. This reaction is less than typically expected.
33. **Latch/Latching:** Refers to how a baby connects or secures his or herself onto the breast for feeding. A good latch is when a baby's mouth covers the area around the bottom of the nipple and holds the breast deeply in the mouth for sucking.
34. **Lip Stimulation:** A strategy for encouraging a young baby to latch to the breast or bottle. When a caregiver gently touches the nipple (breast or bottle) to a baby's lips.
35. **Lovey:** A special age-appropriate object such as a blanket or doll that is meaningful to a child and helps them become calm.
36. **Medically Complex or Fragile:** A baby or child with a medical condition that requires extensive medical support and supervision to prevent deterioration and maintain their health status.
37. **Motor Planning:** Refers to a person's ability to make a plan and carry it out correctly from start to finish using appropriate motor movements. For example, a child decides to take a drink of water. He reaches out his hand, grabs the cup, brings it to his lips, takes a sip and swallows. When a person has motor planning difficulties, following through on these steps can often be slow, inaccurate or disorganized.
38. **Mouthing:** When a baby or child brings objects to the mouth to explore. Mouthing is a typical and important part of development that builds vital skills for eating and talking.
39. **Neurodevelopmental Delays:** Disabilities or disorders caused by problems with the brain and nerves that send messages to other parts of the body. These lead to difficulties in one or multiple areas of development. Examples include: autism spectrum disorders, cerebral palsy, intellectual disabilities, attention-deficit/hyperactivity disorder and vision and hearing impairments.

40. **Neuromuscular Disorders:** Several medical conditions that impact the ways muscles function in the body.
41. **Neurons:** Cells in the body that make up the nervous system.
42. **Non-Nutritive Sucking (NNS):** When a baby breastfeeds for comfort instead of for nourishment.
43. **Nutritive Sucking (NS):** When a baby breastfeeds to receive breast milk for nourishment.
44. **Optimal Caregiving:** When a person takes care of a child's daily needs, but they also provide regular positive, loving interactions.
45. **Oral Motor Skills:** Movements of the mouth including the cheeks, lips, tongue and jaw. This also includes the strength, control and coordination of these movements for feeding and talking.
46. **Organized Sucking Pattern:** When a baby has a coordinated sucking rhythm when feeding.
47. **Orthodontic Nipples:** Bottle nipples and pacifiers made to fit well inside of a child's mouth and be a close alternative to breastfeeding.
48. **Overstimulated/Overstimulation:** When a person shows big responses or reactions to certain sensations or experiences that are greater than would be expected. For example, a child may become overstimulated and upset when placed in a noisy room with lots of people, sounds and movement.
49. **Pace/Pacing:** A strategy that slows down the speed of feedings for babies and children. For bottle feedings, short breaks or pauses are implemented by the caregiver to slow a baby's sucking. For the older child, caregivers offer bites and sips of food at a slower rate that matches what a child can safely manage.
50. **Pharynx:** The throat.
51. **Regulation/Regulate/Regulated:** An essential developmental skill, especially for feeding and interaction. A person's ability to become and stay calm.
52. **Rooting:** When a baby turns her head to the side in response to her lips or cheeks being touched.
53. **Rotary Chew:** A mature chewing pattern where the jaw moves in a rotary (circular) movement in order to properly grind a variety of food textures.
54. **Self-Feeding:** The process of feeding yourself using fingers, utensils and cups. It is the process of setting up, arranging and bringing food and liquid from a plate, bowl or cup to the mouth.

55. **Self-Regulate/Self-Regulation:** The way we become calm on our own. We learn how to self-regulate after first learning how to co-regulate (become calm with another person).
56. **Skin to Skin/Kangaroo Care:** When a mother or father holds a bare baby to their own bare chest to assist them with adjusting to living outside of the womb.
57. **Soft Palate:** Top back portion of the roof of the mouth.
58. **Specialty Bottles:** Bottles that are specially made to help babies born early or babies born with disabilities such as cleft lip/palate.
59. **Temporomandibular Joint (TMJ):** A joint that connects the lower jaw to the skull and supports movements for eating, drinking and talking. Located on the side of the face near the ear and upper jaw.
60. **Thickening Agents:** Substances that change the thickness and flow of food and liquid.
61. **Trachea:** The windpipe that leads to the lungs.
62. **Understimulated/Understimulation:** When a person shows little or no response to certain sensations or experiences than would be expected. For example, a child bangs his head on a table and shows no signs of pain or discomfort. Understimulation can also refer to when a child receives very little appropriate sensory experiences and stimulation which leads to delays in development and interactions.

