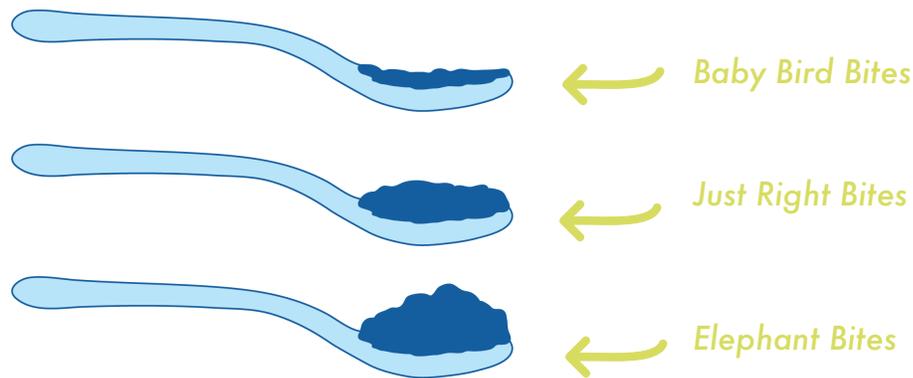


9L 3: HANDOUTS FOR CAREGIVERS AND COMMUNITIES
- BITE AND SIP SIZES

BITE SIZES

Bite sizes for children should be a size that is easily and safely manageable for them. No matter a child’s age or the food texture they are eating, the size of a bite must match a child’s capabilities. Too big of a bite can lead to difficulty eating, choking, food refusals and even aspiration. It is always best to start small and gradually increase bite size as a child shows readiness.



| BITE SIZES | DESCRIPTIONS (WHAT IT LOOKS LIKE) |
|---|--|
| <p>Baby Bird Bites</p>  | <ul style="list-style-type: none"> ○ A very small amount of food on the spoon. ○ Works well for children in the early stages of feeding or children with feeding and swallowing challenges, who are safest and most successful with small amounts of food at a time. |
| <p>Just Right Bites</p>  | <ul style="list-style-type: none"> ○ A small to moderate amount of food on the spoon. ○ Works well for children with typical feeding skills or adequate spoon feeding experience, who can handle a little more food at a time. |
| <p>Elephant Bites</p>  | <ul style="list-style-type: none"> ○ Too much food on the spoon – a heaping amount. ○ Challenging for all children with or without feeding challenges. Too much food at a time is unsafe and should be avoided. |

SIP SIZES

Just as with bite sizes, sip sizes for children should be a size that is easily and safely manageable for them. No matter a child’s age or the liquid consistency they are drinking, the size of a sip must match a child’s capabilities. Gulping (too big of a sip) or offering consecutive sips (lots of sips and swallows of a liquid without a break) for a child can lead to difficulty drinking, frequent coughing and choking, refusals to drink and even aspiration. It is always best to start small and gradually increase sip size as a child shows readiness.



DO ENCOURAGE

- ✓ Small sips that require only one swallow
- ✓ Single sips at a time
- ✓ Breaks between sips – especially for children with feeding and swallowing challenges who need more time to swallow
- ✓ A forward head position for drinking from a bottle, cup or straw
- ✓ Slowly increasing sip size and/or rate of drinking as a child shows readiness

DON'T ENCOURAGE

- ∅ Gulping (large sips) that require multiple swallows
- ∅ Consecutive (multiple) sips one after another
- ∅ Drinking entire contents from a bottle or cup all at once without a break
- ∅ An over extended head or neck tilt backward when drinking from a bottle, cup or straw
- ∅ Drinking large sips at a fast rate when a child shows they are having trouble by coughing, choking, turning a different color, frequent illness, etc.



The Best Way to Keep a Child Safe is by offering food and liquids in small amounts and at a slow rate. Always follow a child’s lead, letting them guide you when they are ready for a larger bite and sip or a somewhat faster pace.