

EVERYONE PLAYS A ROLE IN PROMOTING HEALTHY EATING

for Children with Intellectual and Developmental Disabilities

Children with intellectual and developmental disabilities (I/DD) receive services from multiple professionals within child care, school, health care, community, and home settings. These professionals are part of a child's support team. Each member of a child's team can play a role in helping the child develop healthy behaviors and make healthy choices.

Occupational Therapists

- Help determine if a child's choosy eating behaviors require closer attention.
- Address a child's sensitivities that impact eating.
- Help a child develop motor skills related to eating.

Health Care Providers

- Talk to families about the importance of a healthy, balanced diet.
- Determine how a child's eating behaviors affect their physical and mental health.
- Recommend healthy eating goals for a child's education and service plans.

Speech and Language Pathologists

- Help determine if a child's choosy eating behaviors require closer attention.

Classroom Teachers

- Offer all children opportunities to make healthy choices.
- Teach students about the difference between healthy and unhealthy food choices.

Case Managers

- Request services to address an eating problem that interferes with a child's physical or mental health.
- Ensure alignment of healthy eating goals and strategies in a child's education and service plans.

Special Education Teachers

- Learn about a child's specific challenges to making healthy food choices and develop strategies to address them.
- Share effective healthy eating strategies with other members of a child's team.

School Nurses

- Inform all team members about a child's food allergies and dietary restrictions.
- Inform all team members about how a child's medications may affect appetite.

coordination
is key!

Everyone

- Reinforces the '5-2-1-0' message.
- Role models healthy eating behaviors.

MaineHealth

LET'S GO!

5-2-1-0