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Behaviors

Throwing Cups

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Throwing Food

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Obsessed with One Dip

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Why I don't say "You Don't Have to Eat It" in Feeding Therapy

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How to React when Picky Eaters Want a Bite

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Nutrition

How much water for baby, toddler preschooler?

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Milk & Appetite

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Protein Requirements

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Spices for Baby

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Hydration

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Picky Eating

Pretend Play

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Stuck on Fish Crackers

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Why Small Portions Lead to Adventurous Eating

https://www.instagram.com/p/CbgEcuXv7zC/?utm_source=ig_web_copy_link

Food Jags

https://www.instagram.com/p/Cgkpy-bva68/?utm_source=ig_web_copy_link

Failure to Thrive

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It Takes Time to Try a New Food

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Toddler Growth

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The Rule of Three's

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Physiology

Constipation

Is Your Toddler Constipated?

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Reflex for bowel movements

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MiraLAX

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GERD

Signs of Silent Reflux

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Possible Reasons for GERD

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Happy Spitting or Disease?

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Oral Structures that May Impact Feeding Function

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PICA

Does Your Toddler Have PICA?

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Swallowing Meds – Strategies

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Motor Development

The Importance of Mouthing for Babies

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What does crawling have to do with eating?

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How to Teach Your 6-Month-Old to Drink from a Straw

https://www.instagram.com/reel/Chm7_Xhpeb/?utm_source=ig_web_copy_link

How to Teach Toddlers to Drink from Open Cup

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#1 Mistake with Open Cup Drinking

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Best Cups

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Why We Skip the Sippy Cup

https://www.instagram.com/reel/CjdHZ4mjUwT/?utm_source=ig_web_copy_link

What Spoon is Best for Baby?

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3 Spoons Per Meal

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Mist Dry Cereal Strategy

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Why Baby Spits Out Food

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Best Reasons to Use a Pacifier & then Wean

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Pouches

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Strategy for Tongue Thrusting While Drinking

https://www.instagram.com/reel/Ch2_V32DRv0/?utm_source=ig_web_copy_link

My Puppet Hack for Teaching Swallowing

https://www.instagram.com/reel/CejreRrDYNV/?utm_source=ig_web_copy_link

My Strategies for Biting into Round Foods

https://www.instagram.com/reel/CefMqAPDxYj/?utm_source=ig_web_copy_link

My Strategies for Kids who Stuff Food in Their Mouth & Cheeks

https://www.instagram.com/reel/CeV6bDFjPwk/?utm_source=ig_web_copy_link

Mealtimes

Responsive Feeding

Starting solids

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Offering Purees 3 Ways

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Hungry Not Hangry Schedule (also on my Free Toolbox tab on my website to download)

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Feeding is...

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Hunger vs Appetite

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Family Mealtimes

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Snack Size

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Meal Portions

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Safety – Choking Hazards

Till Baby Has Molars

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Raisins

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String Cheese

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Halloween

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December Holidays

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Sensory Integration

Sensory Integration Simplified

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Taste vs Flavor

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Super Tasters

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Messy Play

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Learn to Touch Wet Foods

https://www.instagram.com/reel/CkwrL6IDc2g/?utm_source=ig_web_copy_link

Sensitive to Food Smells

https://www.instagram.com/reel/Ce66cR5Dy8h/?utm_source=ig_web_copy_link

Free Feeding Handouts (Spanish & English)

https://www.instagram.com/reel/ClGj0_CjeoH/?utm_source=ig_web_copy_link

(See my FREE TOOLBOX tab at MelaniePotock.com for 10 additional downloads)

Guidelines & Ethics when Sharing Other's Posts on Instagram

https://www.instagram.com/p/CZpzAZXvLI8/?utm_source=ig_web_copy_link

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