

Guidelines for Good Eating and Drinking (Draft, 2020)
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Guidelines for Good Eating and Drinking

- Place feet solidly on stool, footplate, or floor
- Sit up straight in a chair on sits bones (or alternate position if needed)
- Place a reasonable amount of food in mouth
- Take reasonable bites of food with front teeth biting completely through food (do not pull on food with teeth or hand)
- Move food with tongue to each back molar area
- If tongue can't move food to each back molar area, use an up-side-down cocktail fork to place food at each back molar area (if safe and appropriate)

- Chew food at each back molar area (use a safe feeder or cheesecloth sack if needed)
- Chew food 20 to 25 times at back molar areas before gathering food to tongue cup and swallowing over the back of the tongue
- Use lips appropriately to remove food from front or side of small maroon spoon
- Use a straw program with a lip bumper or straw insert, so lips can only be placed on the straw
- Drink from an open cup with cup placed only between the front lips (do not place cup into lip corners as this hyperextends the jaw)