WHAT did you study?
Researchers studied a parent training program to help with feeding and mealtime problems that are common for children with autism spectrum disorder (ASD).

Parent training: A type of intervention where caregivers meet one-on-one with a therapist to learn strategies to use with their child, which is different from therapy where a therapist works directly with a child. This approach may help support a child with different learning needs or high levels of problem behavior.

Feeding problems: Being extra picky about food, such as food type, food textures, or food presentation (e.g., how food is cut up, how food is placed on a dish, what dish a food/drink is served in)

Mealtime behavior problems: Refusing to eat, not sitting at the table, tantrums, hitting, swiping things off the table

WHAT did you find?
- Caregivers found this intervention acceptable to address their child’s feeding challenges and were satisfied with the program
- The study showed that parent training was able to be completed, improved feeding outcomes, and decreased problem behavior at mealtime

WHY does it matter?
- Some children with ASD have feeding and mealtime behaviors that can be challenging
- Caregivers can use strategies learned through this parent training program to support their child’s feeding and mealtime behavior at home

94% of parents would recommend this program to others
The study compared two groups: caregivers receiving parent training now and caregivers waiting to receive parent training in the future.

**Parent training sessions** occurred over 5 months and included 11 one-on-one sessions with a trained therapist, a home visit, and up to three coaching sessions. It also included a nutritional counseling session.

During sessions, the *caregiver and therapist discussed behavior strategies*, such as preventing problem behaviors and teaching new mealtime skills.

Before, during, and after the parent training sessions, the *study team asked caregivers to report back about their stress, their child’s feeding challenges, and if they felt the intervention was helpful and easy to do.*

**What's next?**

- **Repeat this program** with more caregivers, including those from more diverse backgrounds, to confirm this parent training model works for everyone.
- **Explore other options** to deliver parent training, like video conferencing or Telehealth, which may make it easier for families to participate.

**THE FULL ARTICLE CAN BE FOUND THROUGH THE FOLLOWING CITATION:**