



What is PC-Fit?

- **Parent-Child Feeding Interaction Therapy**
- A therapeutic intervention that improves child feeding dynamics through behavioral coaching and nutritional techniques.
- Mealtimes are observed via a one way mirror and parents are coached through a wireless earpiece.

Similarities to PCIT:

- **One-way mirror**
- **Wireless earpiece**
- **Live parent coaching**
- **Behavioral rehearsal**
- **Positive communication**
- **Enhanced family relations**

PC-Fit is ideal for children who:

- **Temper tantrums**
- **Overeat**
- **Undereat**
- **Picky eaters**

What are “ABCDE” behaviors to avoid?



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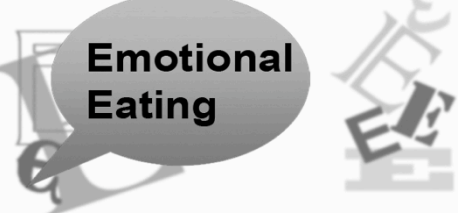
Coaxing

What are “ABCDE” behaviors to avoid?



Defining Preferences

What are “ABCDE” behaviors to avoid?



Emotional Eating

Division of Responsibility
Parents Decide:

- Which foods to purchase
- When and where food is served

Division of Responsibility
Let Kids Decide:

- How much to eat
- Whether or not to eat

Benefits of PC-Fit:

- Choosing more whole grains, fruits, vegetables, and proteins
- Eating until satisfied
- Improve mealtime behaviors

PC-Fit Goals and Treatment:



“Fit”



“ABCDE”

- Improve mealtime communication

PC-Fit Goals and Treatment



Referral

Baseline Assessment



Assessment/ Outcome Measures

- BMI Values
- Behavioral Pediatric Feeding Assessment Scale
- Achenbach Child Behavior Checklist
- Parenting Stress Index-Short Form



“Fit”



“ABCDE”

PC-Fit Goals and Treatment

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Didactic Session


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4 Treatment Sessions



PC-Fit Goals and Treatment

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Post Treatment Assessment

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Booster Sessions



What are “FIT” skills?

F- Food

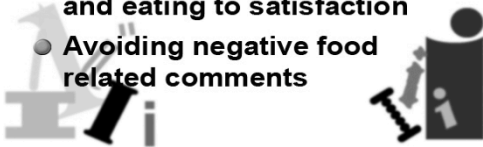
- Food
- “Family style” serving



What are “FIT” skills?

I- Instructive and Intuitive Eating

- Modeling table manners, positive mealtime behaviors and eating to satisfaction
- Avoiding negative food related comments



What are “FIT” skills?

T- Table talk/tools

- Enthusiastic mealtime dialogue
- Mealtime behavior management strategies



PC-Fit was developed by:

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