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?

Artificial comments

What are “ABCDE” behaviors to avoid?

Bribing
What are “ABCDE” behaviors to avoid?

- Coaxing
- Defining Preferences
- 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:

1. Referral
2. 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

- Didactic Session
- 4 Treatment Sessions

PC-Fit Goals and Treatment

- Post Treatment Assessment
- 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

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