

**“The Power of Two: The effects and outcomes of peer to peer mentorship on maternal mental health while navigating pediatric feeding disorder”**

— Jena Twete, MS, CSCS —  
— Cassidy Martinez, RN, BSN —

1

**Disclosures**

Jena Twete  
Financial Disclosures: None  
Non-Financial Disclosures: Feeding Matters Power of Two Coach. Mother of Child with PFD.

Cassidy Martinez  
Financial Disclosures: None  
Non-Financial Disclosures: Mother of Child with PFD.

2


**Learning Objectives**

1. List two obstacles parents face when guiding their child through their pediatric feeding disorder journey
2. Describe two benefits of a peer to peer mentorship program and its effects on maternal mental health
3. Generalize outcomes of a peer to peer mentorship program in relation to pediatric feeding disorder and its effects on the family

3

**Jena**


- Director of Inclusive Health at Special Olympics Colorado (SOCO)
- Accepted job and found out I was pregnant with Palmer in the same week
- High risk pregnancy, IUGR, Induced at 37 weeks, C-Section
- RSV → Failure to Thrive → Silent Aspiration → NG Tube → G-Tube → EOE and EOG → Microdeletion Chromosome 7q11.22 → Enlarged Tonsils/Mild Sleep Apnea
- Starting to eat more by more by mouth, Eosinophilic Feeding Clinic at Children's Colorado



4

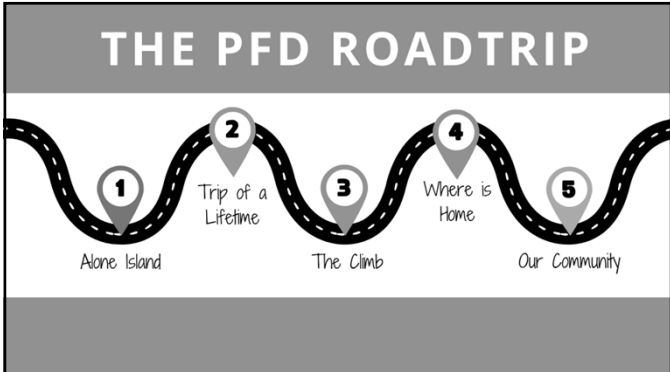
**Cassidy**

- Nursing supervisor at Aveanna Healthcare
- Transitioned to this role after working as a private nurse for my son
- Urgent c-section → NICU with hypoglycemia → Feeding intolerance → Silent Aspiration → G-Tube → Increased tone with therapy → Thickener → G-tube removal → Feeding Aversions
- Continue to work with OT and ST weekly to promote effective chewing and address aversions



5

**THE PFD ROADTRIP**



6

### Alone Island

Palmer 6mo old Hospital admission for Failure to Thrive

Palmer 9mo old G-Tube Placement

Mateo 1 day old

Mateo 2 weeks old

Mateo day before G-tube surgery

7

### Trip of a Lifetime

Palmer after her NG tube placement. Initially she was still interested in eating. But once she started to vomit a lot from her EOE and EOG that changed.

Mateo at 6 months introducing puree with virtual feeding therapy

Mateo 12 months playing with noodles

8

### The Climb

Willingly taking a bite of peach

Drinking regular water and actually being able to order her a drink on the airplane

Feeding herself on Thanksgiving

Playing with puree

G-tube removed

Bye-bye tube party

9

### Where is Home

I LIVE IN THE SOUTH

10

### Our Community

Palmer and Mateo have matching Tubie Stuffedies. Cassidy gifted this to Palmer for her birthday and Mateo received his for his birthday.

Just some tubie kids enjoying food together

11

### Summary

- You are NOT Alone
- Find the positives in your PFD journey
- Trust your MOM GUT
- Take time for YOU
- Find your PFD Community and Support

12

# THANK YOU



13

## References

1. Reinoso G, Carsone B, Weldon S, Powers J, Bellare N. Food selectivity and sensitivity in children with autism spectrum disorder: A systematic review defining the issue and evaluating interventions. *New Zealand Journal of Occupational Therapy*. 2018;65(1):36-42.
2. Silverman AH, Erato G, Goday P. The relationship between chronic paediatric feeding disorders and caregiver stress. *Journal of Child Health Care*. 2021;25(1):69-80. doi:10.1177/1367493520905381
3. Arts-Rodas D, Benoît D. Feeding problems in infancy and early childhood: Identification and management. *Paediatrics & Child Health*. 1998;3(1):21-27.
4. Simione, M., Harshman, S., Cooper-Vince, C. E., Daigle, K., Sorbo, J., Kuhlthau, K., & Fiechtner, L. (2022). Examining Health Conditions, Impairments, and Quality of Life for Pediatric Feeding Disorders. *Dysphagia*. <https://doi.org/10.1007/s00455-022-10455-z>
5. Goday, P. S., Huh, S. Y., Silverman, A., Lukens, C. T., Dodrill, P., Cohen, S. S., Delaney, A. L., Feuling, M. B., Noel, R. J., Gisel, E., Kenzer, A., Kessler, D. B., Kraus de Camargo, O., Browne, J., & Phalen, J. A. (2019). Pediatric Feeding Disorder: Consensus Definition and Conceptual Framework. *Journal of Pediatric Gastroenterology and Nutrition*, 68(1), 124–129. <https://doi.org/10.1097/MPG.0000000000002168>
6. Raatz, M., Ward, E. C., Marshall, J., Afakwah, C., & Byrnes, J. (2021). "It Takes a Whole Day, Even Though It's a One-Hour Appointment!" Factors Impacting Access to Pediatric Feeding Services. *Dysphagia*, 36(3), 419–429. <https://doi.org/10.1007/s00455-020-10152-9>
7. COHEN S, JANICKI-DEVERTS D. Who's Stressed? Distributions of Psychological Stress in the United States in Probability Samples from 1983, 2006, and 2009. *Journal of Applied Social Psychology*. 2012;42(6):1320-34

14