

**Article Title:** “Giving me the self-confidence to tackle it”: Mothers’ experiences participating in the Engaged Eaters Program, a caregiver-mediated feeding intervention

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**Key Points:**

- In-home feeding interventions for autistic children that include the whole family can lead to more success during mealtime.
- Involving mothers into the feeding intervention can lead to benefits for the family and the child receiving the intervention.
- Taking part in in-home feeding interventions can be challenging for the mother and family.

**Glossary:**

**Autistic Disorder:** a condition that affects one’s brain that impacts social experiences, interests & behaviors

**Semi-structured interviews:** conversations guided by a set list of questions

**Thematic analysis:** method used to understand patterns of meaning

**Intervention:** a practice used to make a change to how something is done

**Engaged Eaters Program:** a feeding intervention led by a child’s caregiver/parent

**Why this article matters:**

In-home feeding interventions take a toll on the mother responsible for assisting in the intervention. It also provides unique benefits to the family and child by giving the mother tools to use during mealtime in different settings. However, currently, many feeding interventions for autistic children are not created to directly include the family.

**Description of the Study:**

A thematic analysis of a semi-structured interviews took place with 13 mothers with autistic children ages 2 to 7. Interviews included questions regarding their participation in the Engaged Eaters Program.

**Research Questions:**

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The purpose of this article is to gain a better understanding of the mother’s experiences while going through a family centered feeding intervention.

**Important Results:**

- Interventions that take place in a home setting were beneficial for a busy family providing more flexibility and openness.
- Mothers’ involvement led to an increase in their own skills and allowed for more confidence to manage feeding challenges in social settings.
- Mothers reported that having an active role in the intervention was more demanding on them emotionally, physically, and mentally.

**How the results will be used:**

- These results can be used to understand the impact that an in-home intervention may have on mothers and family.
- Results show the potential benefits of involving the mother in the intervention.
- These results can be used in future studies to advocate for the specific needs and demands that in-home interventions may require.

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