


Nutritional Rehabilitation Protocol (NRP) Behavioral Health Home Hospitalization Plan	
Meal Guidelines	
<p>Caregivers:</p> <ul style="list-style-type: none"> • Grocery Shopping • Menu Planning • Prepare all meals and snacks • Supervision of all meals, snacks, and rest <p><u>Timing:</u> 30 minutes for Meals, 15 minutes for Snacks, 15 minutes to supplement</p> <p><u>Rest Period:</u> Required physical rest for 1 hour after meals and 30 minutes after snacks. No bathroom use permitted during this time unless direct supervision is provided</p> <p>Follow meal and snack schedule 7 days/week</p> <p>Child/Teen:</p> <ul style="list-style-type: none"> • Complete 100% of meals, snacks, and supplement (if needed) • No negotiation about food choices or amounts 	<p>Plan:</p> <ul style="list-style-type: none"> • Who will go grocery shopping? • Who will plan the menu? • Who will prepare meals/snacks? • Who will supervise meals/snacks? • Who will supervise rest periods? • Scheduled Times for Meals and Snacks:
Physical Activity Guidelines	
<ul style="list-style-type: none"> • Only light activity within the home is permitted • No exercise or sports activity is permitted • Remain in common living area during the day • Bedroom is for sleeping only • Bathroom should be used only before eating • Showers only in the AM before eating, no longer than 10 minutes • Completing schoolwork is acceptable if it does not interfere with eating • Return to school requires approval from medical and other treatment provider(s) • Other: 	<p>Plan:</p> <ul style="list-style-type: none"> • Who will supervise during the day?
Things to Do:	
<ul style="list-style-type: none"> • Follow up with medical provider as recommended • Follow up with behavioral health provider as recommended • Follow up with dietitian as recommended • Other: 	
Things Not to Do:	
<ul style="list-style-type: none"> • Avoid diet food, caffeine, chewing gum • Use of weight scales is not permitted- all scales should be removed or hidden • Access to Websites/Television Shows/Movies/Social Media focused on food, cooking, weight, or shape is not allowed • Other: 	

31:B:234

Home Hospitalization Plan	
Behavior Guidelines	
Meals and Snacks: <ul style="list-style-type: none"> Stay Calm No negotiating meals or snacks No conversations about calories, weights, or other number No comments about food or appearance Use encouraging statements (“I love you,” “I know you can do this,” “I believe in you”) Keep conversations low stress and positive Encourage mechanical eating when needed Redirect unwanted behavior with brief, matter-of-fact statements (“I would like you to stop cutting your food so small,” “Let’s take bigger bites”) Provide occasional reminders about timing 	Plan: If child/teen refuses to eat or engages in eating disorder behaviors (such as exercise, vomiting, hiding food), consider the following possible consequences: <ul style="list-style-type: none"> Consider removing physical activity. If your child is not eating, they need to conserve energy. Consider removing sources of stress such as: <ul style="list-style-type: none"> Cell phone Computer Social visits School Television Social Media Other: Increase supervision by: <ul style="list-style-type: none"> Keeping the bathroom door open Sleeping in the same room No alone time permitted
Reminders about Effective Behavior Change	
Positive Reinforcement to increase wanted behaviors: <ul style="list-style-type: none"> Praise Motivating Rewards (such as: visits with friends, screen time) “First _____, then _____.” Make sure the size of the reward fits the size of the good behavior! Natural and logical consequences help your child to make better decisions Remember to work together with other caregivers 	How to Respond to Unwanted Behaviors: 
Healthy Coping Strategies that I will Role Model	
Possible suggestions: <ul style="list-style-type: none"> Take a break when I am feeling angry or upset Name my feelings out loud (“I feel _____”) Communicate my needs (“I need _____”) Self-soothe using my senses Be willing to ask for help when I need it Take care of my own feelings and needs Other: 	<ul style="list-style-type: none"> Apologize when I do something wrong Positive affirmations or mantras (“I can do this”) Use “I” statements instead of “you” statements Schedule “ME” time Be consistent and reliable Practice gratitude Get fresh air and remember to breathe