

When Children Won't Eat: Picky Eaters versus Problem Feeders

Assessment and Treatment Using the SOS Approach to Feeding

COURSE AGENDA

DAY 1 :

- 7:30am to 8:00am Registration
- 8:00am to 10:00am **I. Introduction**
A. Prevalence
B. What do we know from the Research?
C. Tenets of SOS
- 10:00am to 10:15am Break
- 10:15am to noon **D. Top 10 Myths**
II. Feeding Theory - How children learn to AND not to eat
A. Learning Theory
1. Feeding Therapy options
2. Video
- 12:00pm to 1:00pm Lunch - On Your Own
- 1:00pm to 3:00pm **B. Myth 1 = Breathing**
C. Motor Skill Acquisition
D. Oral-Motor Skill Acquisition
- 3:00pm to 3:15 pm Break
- 3:15pm to 5:00pm **D. Oral-Motor Skill Acquisition** - continued
E. Neurosensory Skill Acquisition
F. Steps to Eating

DAY 2:

- 8:00am to 10:00am **II. Feeding Theory** - continued
G. Developmental Food Continuum
H. Cognitive Development
- 10:00am to 10:15am Break
- 10:15am to noon **II. Feeding Theory** – continued
I. Psychological Developmental Stages
III. Treatment/Interventions
A. General Strategies

DAY 2 continued:

- 12:00pm to 1:00pm Lunch
- 1:00pm to 3:00pm **III. Treatment/Interventions** - continued
 A. General Strategies - continued
 B. Food Jags
- 3:00pm to 3:15pm Break
- 3:15pm to 5:00pm **IV. Assessment of Feeding Problems**
 A. Assessment Process
 B. Referral Candidates
 C. Reasons Children Won't Eat
 D. Child Factors
 E. Environmental Factors
 F. Parent Factors
 G. Practice Video 1

DAY 3:

- 8:00am to 10:00am **IV. Assessment of Feeding Problems** - continued
 H. Practice Videos
 I. Parents' Experience
- 10:00am to 10:15am Break
- 10:15am to noon **V. The SOS Approach to Feeding – Therapy Sessions** - continued
 A. Systematic Desensitization
 B. Cues to Eating
 C. Language Use
- 12:00pm to 1:00pm Lunch
- 1:00pm to 3:00pm **V. The SOS Approach to Feeding** - continued
 D. Therapy Format - Child
 E. Therapy Format – Parent
 F. SOS Data
 G. Building a Food Hierarchy
- 3:00pm to 3:15pm Break
- 3:15pm to 5:00pm **V. The SOS Approach to Feeding** - continued
 H. Practice Building a Food Hierarchy

DAY 4:

8:00am to 10:00am	<u>V. The SOS Approach to Feeding</u> - continued <u>I. Hierarchy Strategies – Moving Children Up the Steps</u>
10:00am to 10:15am	<u>Break</u>
10:15am to noon	<u>J. Practicing Hierarchy Strategies</u> <u>K. Video: Progression Within Session</u>
12:00pm to 1:00pm	<u>Lunch</u>
1:00pm to 3:15pm**	<u>L. SOS Data</u> <u>VI. Managing Maladaptive Behaviors</u> <u>A. Overview</u> <u>B. Preventing “problem” behaviors</u> <u>C. Intervention strategies - basic</u> <u>D. Emotion Based Discipline</u> <u>VII. The SOS Approach to Feeding Practice</u> <u>A. Video Practice: Progression Across Sessions</u>

** Participants are expected to attend the course for the entire length of each day (8am to 5pm, Days 1-3), and to stay at the course until 3:15pm on the last day in order to receive their Certificate and their full CEU credits. Participants will miss crucial information needed to be able to correctly use the SOS Approach to Feeding program if they come late or leave the course early.