

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

Assessment and Treatment Using the SOS Approach to Feeding

4 DAY – CONFERENCE 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. Application to Feeding
2. Feeding Therapy options
- 12:00pm to 1:00pm Lunch
- 1:00pm to 3:00pm A. Learning Theory
3. Feeding Video
- III. Feeding Skills**
A. Myth 1 = Breathing
B. Motor milestones
- 3:00pm to 3:15 pm Break
- 3:15pm to 5:00pm C. Oral-Motor milestones
D. Neurosensory

DAY 2:

- 8:00am to 10:00am **III. Feeding Skills** - continued
E. Steps to Eating
F. Developmental Food Continuum
- 10:00am to 10:15am Break
- 10:15am to noon F. Developmental Food Continuum – continued
G. Cognitive Development

DAY 2 continued:

- 12:00pm to 1:00pm Lunch
- 1:00pm to 3:00pm **III. Feeding Skills** - continued
 H. Psychological Developmental Stages
- IV. General Treatment/Interventions**
 A. Strategies for Family Meals
- 3:00pm to 3:15pm Break
- 3:15pm to 5:00pm **A. Strategies for Family Meals** - continued
 B. Preventing Food Jags
- V. Assessment of Feeding Problems**
 A. Assessment Process
 B. Referral Candidates
 C. Reasons Children Won't Eat

DAY 3:

- 8:00am to 10:00am **V. Assessment of Feeding Problems** - continued
 D. Child Factors
 E. Environmental Factors
 F. Parent Factors
 G. Practice Videos
- 10:00am to 10:15am Break
- 10:15am to noon **VI. The SOS Approach to Feeding – Therapy Sessions**
 A. Systematic Desensitization
 B. Cues to Eating
- 12:00pm to 1:00pm Lunch
- 1:00pm to 3:00pm **C. Language Use**
 D. Therapy Format - Child
 E. Therapy Format – Parent
- 3:00pm to 3:15pm Break
- 3:15pm to 5:00pm **F. SOS Data**
 G. Building a Food Hierarchy
 - using food as your therapy tools

DAY 4:

8:00am to 10:00am **VI. The SOS Approach to Feeding – Therapy Sessions** - continued

- G. **Building a Food Hierarchy** - continued
- H. **Hierarchy Strategies**

10:00am to 10:15am **Break**

10:15am to noon **H. Hierarchy Strategies** - continued

12:00pm to 1:00pm **Lunch**

1:00pm to 3:00pm **I. Video Practice: Progression Within Session**
J. SOS Data

3:00pm to 3:15pm **Break**

3:15pm to 5:00pm **VII. Managing Maladaptive Behaviors**

- A. **Overview**
- B. **Preventing “problem” behaviors**
- C. **Intervention strategies - basic**
- D. **Emotion Based Discipline**

VIII. The SOS Approach to Feeding - Audience Practice

- A. **Video Practice: Progression Across Sessions**

***** Participants are expected to attend the course for the entire length of each day (8:00 am to 5:00 pm, Days 1-4) in order to receive their Certificate of Attendance and their full 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. Please make all travel arrangements to ensure you do not arrive late or need to leave early on any day.***