

3.75 DAY - COURSE AGENDA

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

Assessment and Treatment Using the SOS Approach to Feeding

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
- D. Top 10 Myths

10:00am to 10:15am Break

10:15am to noon
eat

II. Feeding Theory - How children learn to AND not to

- 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 milestones
- D. Oral-Motor milestones

3:00pm to 3:15 pm Break

3:15pm to 5:00pm

- D. Oral-Motor milestones - continued
- E. Neurosensory
- 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

Problems

IV. Assessment of Feeding

A. Assessment Process

3:00pm to 3:15pm Break

3:15pm to 5:00pm **IV. Assessment of Feeding Problems** -
continued

- B. Referral Candidates**
- C. Reasons Children Won't Eat**
- D. Child Factors**
- E. Environmental Factors**
- F. Parent Factors**
- G. Practice Videos**

DAY 3:

8:00am to 10:00am **IV. Assessment of Feeding Problems** - continued
G. Practice Videos

Sessions

V. The SOS Approach to Feeding – Therapy

Desensitization

A. Systematic

B. Cues to Eating

10:00am to 10:15am Break

10:15am to noon **V. The SOS Approach to Feeding – Therapy Sessions**
- continued

- C. Language Use**
- D. Therapy Format - Child**
- E. Therapy Format – Parent**

12:00pm to 1:00pm Lunch

1:00pm to 3:00pm **V. The SOS Approach to Feeding** - continued

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
G. Building a Food Hierarchy - continued

DAY 4:

8:00am to 10:00am **V. The SOS Approach to Feeding** - continued
H. Hierarchy Strategies

10:00am to 10:15am Break

10:15am to noon **H. Hierarchy Strategies** - continued
I. Video Practice: Progression Within Session
J. SOS Data

12:00pm to 1:00pm Lunch

1:00pm to 3:15pm **VI. Managing Maladaptive Behaviors**

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

VII. The SOS Approach to Feeding Practice
A. Video Practice: Progression Across Sessions