

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

Assessment and Treatment Using the SOS Approach to Feeding

CONFERENCE AGENDA

DAY 1 :

- 7:30am to 8:00am Registration
- 8:00am to 10:00am **I. Introduction**
A. Prevalence Data – Growth Problems
B. Prevalence Data – Feeding Problems
C. Feeding Prevalence & Neurodivergent Populations
- 10:00am to 10:15am Break
- 10:15am to noon D. Complexity of Feeding/Eating & the Role of the Environment
E. Tenets of SOS
F. Top 10 Myths - Overview
G. Picky Eaters vs Problem Feeders & PFD vs ARFID
- 12:00pm to 1:00pm Lunch - On Your Own
- 1:00pm to 3:00pm **I. Introduction** (continued)
G. Picky Eaters vs Problem Feeders & PFD vs ARFID *continued*
- II. Feeding Theory & Milestones**
A. Learning Theory
1. Feeding Therapy Options
2. Learning Video
- 3:00pm to 3:15 pm Break
- 3:15pm to 5:00pm **II. Feeding Theory & Milestones** (continued)
B. Myth 1 = Breathing
C. Motor Skill Acquisition
D. Oral-Motor Skills & Developmental Food Continuum

DAY 2:

- 8:00am to 10:00am **II. Feeding Theory & Milestones** (continued)
D. Oral-Motor Skills & Developmental Food Continuum *continued*
E. Sensory Skill Acquisition
- 10:00am to 10:15am Break
- 10:15am to noon **II. Feeding Theory & Milestones** (continued)
E. Sensory Skill Acquisition *continued*
F. Understanding the Role of Sensory Processing In Feeding
- 12:00pm to 1:00pm Lunch

DAY 2 continued:

1:00pm to 3:00pm

- II. Feeding Theory & Milestones** – continued
 - G. Steps to Eating - Overview
 - H. Cognitive Development

3:00pm to 3:15pm

Break

3:15pm to 5:00pm

- II. Feeding Theory & Milestones** – continued
 - I. Psychological Developmental Stages

III. Treatment/Interventions

- A. General Treatment Strategies
 - 1. Social Role Modeling
 - 2. Structure/Routine

DAY 3:

8:00am to 10:00am

- III. Treatment/Interventions** - continued
 - A. General Treatment Strategies *continued*
 - 2. Structure/Routine *continued*
 - 3. The Correct Use of Reinforcement
 - 4. Accessing the Cognitive
 - B. Food Jags

10:00am to 10:15am

Break

10:15am to noon

- IV. Assessment of Feeding Problems**
 - A. Referral Candidates
 - B. Assessment Process
 - C. Reasons Children Won't Eat - Child Factors
 - D. Reasons Children Won't Eat - Environmental Factors
 - E. Reasons Children Won't Eat - Parent Factors

12:00pm to 1:00pm

Lunch

1:00pm to 3:00pm

- IV. Assessment of Feeding Problems** continued
 - F. Practice Videos
 - G. Parents' Experience

3:00pm to 3:15pm

Break

3:15pm to 5:00pm

- V. The SOS Approach to Feeding – Theoretical Requirements**
 - A. Systematic Desensitization
 - B. Cues to Eating

DAY 4:

8:00am to 10:00am

- V. The SOS Approach to Feeding – Theoretical Requirements** continued
 - C. Language Use

VI. The SOS Approach to Feeding – Therapy Sessions

- A. Therapy Format - Child
 - 1. Room Set-Up + Modifications

10:00am to 10:15am

Break

DAY 4 continued:

- 10:15am to noon **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- A. Therapy Format - Child *continued*
 - 2. Session Structure & Routine
 - B. Therapy Format – Parent
 - C. Modifications Across Settings
 - D. Sensory Based Problem Solving
 - E. Progression Across Sessions
- 12:00pm to 1:00pm Lunch
- 1:00pm to 3:00pm **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- E. Progression Across Sessions *continued*
 - F. Graduation Criteria & SOS Data
 - G. Building a Food Hierarchy
 - 1. Requirements
- 3:00pm to 3:15pm Break
- 3:15pm to 5:00pm **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- G. Building a Food Hierarchy *continued*
 - 2. Practice

DAY 5:

- 8:00am to 10:00am **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- K. Hierarchy Strategies – Moving Children Up the Steps
 - 1. Play techniques per Step
 - 2. Practicing hierarchy strategies
- 10:00am to 10:15am Break
- 10:15am to noon **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- K. Hierarchy Strategies – Moving Children Up the Steps – continued
 - 2. Practicing hierarchy strategies *continued*
 - L. Hierarchy Strategies – Oral Motor Steps to Eating
 - 1. Play techniques per Step
 - 2. Practicing hierarchy strategies
- 12:00pm to 1:00pm Lunch
- 1:00pm to 3:00pm **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- M. Video: Progression Within Session
 - N. SOS Data
- VII. Managing Other Maladaptive Behaviors**
- A. Intervention strategies – Perseveration & Vomiting
 - B. Emotion Based Discipline

**** Registrants are expected to attend the course and participate fully for the entire length of each day (Days 1-4 from 8am to 5pm AND Day 5 from 8am to 3:00pm), in order to receive their Certificate of Attendance and their full Continuing Education. 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.**

**** Any and all missed lecture time must be made-up before the end of the Conference in order for a Certificate to be received and/or permission to use the program to be given.**

****Participants leaving before 3:00pm on the last day of the Conference will not receive a Certificate nor permission to use the program. Please make sure to make travel arrangements to leave the Conference AFTER 3:00pm on the last day. (Travel plans on trains and planes must be arranged so that participants do NOT leave the conference on the last day until after 3:00pm even if that means staying an extra night).**

Education Hours for this SOS Main Training Conference = 35.75 hours