

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

Assessment and Treatment Using the SOS Approach to Feeding

CONFERENCE AGENDA

DAY 1:

- 8:00am to 8:30am Registration
- 8:30am to 10:30am **I. Introduction**
A. Prevalence Data – Growth Problems
B. Prevalence Data – Feeding Problems
- 10:30am to 10:45am Break
- 10:45am to 12:45pm C. Complexity of Feeding/Eating & the Role of the Environment
D. Tenets of SOS
E. Top 10 Myths - Overview
F. Appropriate Diagnoses to Use
- II. Feeding Theory & Milestones** - How children learn to AND not to eat
A. Learning Theory
- 12:45pm to 1:45pm Lunch - Provided
- 1:45pm to 3:45pm **II. Feeding Theory & Milestones** – continued
A. Learning Theory continued
1. Feeding Therapy Options
2. Learning Video
- 3:45pm to 4:00 pm Break
- 4:00pm to 6:00pm **II. Feeding Theory & Milestones** – continued
B. Myth 1 = Breathing
C. Motor Skill Acquisition
D. Oral-Motor Skills & Developmental Food Continuum

DAY 2:

- 8:30am to 10:30am **II. Feeding Theory & Milestones** – continued
D. Oral-Motor Skills & Developmental Food Continuum *continued*
- 10:30am to 10:45am Break
- 10:45am to 12:45pm **II. Feeding Theory & Milestones** – continued
E. Sensory Skill Acquisition
F. Understanding the Role of Sensory Processing In Feeding
G. Steps to Eating - Overview
- 12:45pm to 1:45pm Lunch - Provided

DAY 2 continued:

- 1:45pm to 3:45pm **II. Feeding Theory & Milestones** – continued
H. Cognitive Development
I. Psychological Developmental Stages
- 3:45pm to 4:00 pm **Break**
- 4:00pm to 6:00pm **II. Feeding Theory & Milestones** – continued
I. Psychological Developmental Stages *continued*
- III. Treatment/Interventions**
A. General Treatment Strategies
1. Social Role Modeling

DAY 3:

- 8:30am to 10:30am **III. Treatment/Interventions** - continued
A. General Treatment Strategies *continued*
2. Structure/Routine
3. The Correct Use of Reinforcement
4. Accessing the Cognitive
B. Food Jags
- 10:30am to 10:45am **Break**
- 10:45am to 12:45pm **IV. Assessment of Feeding Problems**
A. Referral Candidates
B. Assessment Process
C. Assessment by Subsystems
1. Reasons Children Won't Eat
2. What to Observe
3. Practice Videos
- 12:45pm to 1:45pm **Lunch** – *Provided*
- 1:45pm to 3:45pm **IV. Assessment of Feeding Problems** - continued
G. Assessment Vignette 1 - Medically Complicated
H. Assessment Vignette 2 - Family
I. Parents' Experience
- 3:45pm to 4:00pm **Break**
- 4:00pm to 6:00pm **V. The SOS Approach to Feeding – Theoretical Requirements**
A. Systematic Desensitization
B. Cues to Eating
C. Language Use

DAY 4:

- 8:30am to 10:30am **VI. The SOS Approach to Feeding – Therapy Sessions**
A. Therapy Format - Child *continued*
1. Room Set-Up + Modifications
2. Session Structure & Routine
- 10:30am to 10:45am **Break**

DAY 4 continued:

10:45am to 12:45pm

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- B. Therapy Format – Parent
 - C. Modifications Across Settings
 - D. Sensory Based Problem Solving
 - E. Progression Across Sessions
 - F. Graduation Criteria & SOS Data

12:45pm to 1:45pm

Lunch – *Provided*

1:45pm to 3:45pm

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued

- G. Building a Food Hierarchy
 - 1. Requirements

3:45pm to 4:00 pm

Break

4:00pm to 6:00pm

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- G. Building a Food Hierarchy – Practice *continued*
 - 2. Practice

DAY 5:

8:30am to 10:30am

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- H. Hierarchy Strategies – Moving Children Up the Steps
 - 1. Play techniques per Step
 - 2. Practicing hierarchy strategies

10:30am to 10:45am

Break

10:45am to 12:45pm

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- H. Hierarchy Strategies – Moving Children Up the Steps *continued*
 - 2. Practicing hierarchy strategies *continued*
 - I. Hierarchy Strategies – Oral Motor Steps to Eating
 - 1. Play techniques per Step
 - 2. Practicing hierarchy strategies

12:45pm to 1:45pm

Lunch - *Provided*

1:45pm to 3:30pm

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued
- J. Video: Progression Within Session
 - K. 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 8:30am to 6:00pm and Day 5 from 8:30am to 3:30pm), in order to receive their Certificate and their full Continuing Education Credits (if CEUs are given). 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 on any day. 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 3:30pm 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 3:30pm 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 3:30pm even if that means staying an extra night).