

When Children Won't Eat:

Picky Eaters vs. Problem Feeders

Assessment and Treatment Using the SOS Approach to Feeding

Kay Toomey, PhD

Susan Kniffen, OTR/L

Deborah Lagerborg, MS, CCC-SLP



Faculty

Dr. Kay A. Toomey is a Pediatric Psychologist who has worked with children who don't eat for almost 30 years. She developed the SOS Approach to Feeding as a family centered program for assessing and treating children with feeding problems. Dr. Toomey is the President of Toomey & Associates, Inc., consults for Gerber Baby Foods/Nestle, works with Feeding Matters, acts as a Clinical Consultant to the Feeding Clinic at STAR Institute, and speaks internationally about her approach.

Susan Kniffen has been working as an Occupational Therapist in pediatric settings since 2005 and as a Feeding Specialist from 2006. In addition to her Feeding Therapy work, Susan treats children who have orthopedic, neurological, and complex medical needs. Previously she provided pediatric outpatient feeding and rehabilitation services through Memorial Hospital, Toomey & Associates Inc., and Children's Hospital Colorado. Currently, she is in early intervention with The Resource Exchange.

Deborah Lagerborg works as a Pediatric Feeding Specialist and Speech Pathologist for the Developmental Disabilities Resource Center. Prior to this position, Deborah worked as a Pediatric Feeding Specialist at SOS Feeding Solutions @ STAR Institute. She began her career in a pediatric outpatient hospital setting Rehabilitation department and the NICU working primarily with infants and children with feeding disorders.

About this Course

The Sequential Oral Sensory (S.O.S) Approach to Feeding is a trans-disciplinary program for assessing and treating children with feeding difficulties and weight/growth problems from birth to 18 years. It integrates posture, sensory, motor, behavioral/learning, medical, and nutritional factors to comprehensively evaluate and manage children with feeding/growth problems.

Objectives

- ① List the seven areas of human function that need to be examined to provide a comprehensive Feeding Assessment
- ① Identify at least five of the oral, sensory, motor, cognitive or emotional developmental milestones key to being able to eat well
- ① List three reasons why children won't eat, as based on learning theory principles
- ① Differentiate classical and operant conditioning principles as applied to resolving feeding problems
- ① Identify at least four of the necessary components of an SOS Approach to Feeding program for babies, toddlers and young children in either an individual or group therapy session
- ① List all three requirements for building a Food Hierarchy
- ① Identify at least one play-based strategy for progressing a child up each of the 6 major Steps on the Steps to Eating Hierarchy

Audience

This conference is intended for professionals who work with children with feeding difficulties including: Speech Pathologists, Occupational Therapists, Special Educators, Early Intervention Specialists, Nurses, Physicians, Dietitians, Mental Health Workers, other Child Care Providers and Educators.

By attending and completing the SOS Approach to Feeding conference, the attendee understands that Education Resources, Inc. will share the attendees contact information with Dr. Kay Toomey/Toomey & Associates, Inc. This information will be used to document and verify each attendee who has fully completed the SOS Approach to Feeding (4 Day) Training Conference and to provide attendees with access to SOS Approach to Feeding resources.

Help your patients achieve better outcomes.

Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-10:00** I. Introduction
- A. Prevalence Data – Feeding Problems
 - B. Prevalence Data – Growth Problems
 - C. Complexity of Feeding/Eating & the Role of the Environment
 - D. Tenets of SOS
- 10:00-10:15** Break
- 10:15-12:00** 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
 - 1. Feeding Theory Options
 - 2. Video
- 12:00-1:00** Lunch (On your own)
- 1:00-3:00** B. Myth 1= Breathing
- C. Motor Skill Acquisition
 - D. Oral-Motor Skill Acquisition & Developmental Food Continuum
- 3:00-3:15** Break
- 3:15-5:00** D. Oral-Motor Skill Acquisition & Developmental Food Continuum (cont.)

Schedule – Day 2

- 7:30-8:00** Continental Breakfast
- 8:00-10:00** II. Feeding Theory and Milestones (cont.)
- E. Sensory Skills Acquisition
 - F. Understanding the Role of Sensory Processing in Feeding
 - G. Steps to Eating - Overview
- 10:00-10:15** Break
- 10:15-12:00** II. Feeding Theory and Milestones (cont.)
- H. Cognitive Development
 - I. Psychological Developmental Stages
- 12:00-1:00** Lunch (On your own)
- 1:00-3:00** III. Treatment/Interventions
- A. General Treatment Strategies
 - 1. Social Role Modeling
 - 2. Structure/Routine
 - 3. The Correct Use of Reinforcement
 - 4. Accessing the Cognitive
- 3:00-3:15** Break
- 3:15- 5:00** III. Treatment/Interventions (cont.)
- B. Food Jags
- 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

Schedule – Day 3

7:30-8:00	Continental Breakfast
8:00-10:00	IV. Assessment of Feeding Problems (cont.) <ul style="list-style-type: none"> H. Practice Videos I. Parents' Experience
10:00-10:15	Break
10:15-12:00	V. The SOS Approach to Feeding – Theoretical Requirements <ul style="list-style-type: none"> A. Systematic Desensitization B. Cues to Eating C. Language Use
12:00-1:00	Lunch (On your own)
1:00-3:00	VI. The SOS Approach to Feeding– Therapy Sessions <ul style="list-style-type: none"> D. Therapy Format - Child <ul style="list-style-type: none"> 1. Room Set-Up + Modifications 2. Session Structure & Routine
3:00-3:15	Break
3:15-5:00	VI. The SOS Approach to Feeding– Therapy Sessions (cont.) <ul style="list-style-type: none"> E. Therapy Format – Parent F. Modifications Across Settings G. Sensory Based Problem Solving H. Progression Across Sessions I. Graduation Criteria & SOS Data

Schedule – Day 4

7:30-8:00	Continental Breakfast
8:00-10:00	VI. The SOS Approach to Feeding– Therapy Sessions (cont.) <ul style="list-style-type: none"> J. Building a Food Hierarchy <ul style="list-style-type: none"> 1. Requirements 2. Practice
10:00-10:15	Break
10:15-12:00	VI. The SOS Approach to Feeding– Therapy Sessions (cont.) <ul style="list-style-type: none"> K. Hierarchy Strategies – Moving Children Up the Steps <ul style="list-style-type: none"> 1. Play techniques per Step
12:00-1:00	Lunch (On your own)
1:00-3:15	VI. The SOS Approach to Feeding – Therapy Sessions (cont.) <ul style="list-style-type: none"> L. Hierarchy Strategies – Oral Motor Steps to Eating M. Video: Progression Within Session N. SOS Data
	VII. Managing Other Maladaptive Behaviors <ul style="list-style-type: none"> A. Intervention strategies – Perseveration & Vomiting B. Emotion Based Discipline

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.

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NBCOT Professional development provider 28.5 PDUs

This presentation will focus exclusively on the SOS Approach to Feeding and will not include information on other similar or related therapy.

This course is one of the prerequisites for the NEW SOS Certification Program.

Please contact us with any special needs requests:

info@educationresourcesinc.com or 508-359-6533

Locations and Dates - 2020

July 16 - 19	Fairfield, CT	Sacred Heart University/ Yale New Haven Hospital
August 27-30	Omaha, NE	Children's Hospital & Medical Center

Faculty Disclosures

Kay Toomey: Financial: receives a speaking fee from Education Resources, Inc. for this course. She is a paid Consultant for Nestec/Nestle (Gerber Child Advocate/ Developmental Panel). Non-Financial: She is a Founding Medical Professional Council Member with Feeding Matters – PFD Alliance Committee Member

Susan Kniffen: Financial: receives a speaking fee from Education Resources, Inc. for this course. She is a paid Speaker for Toomey & Associates, Inc. Non-Financial: she has no non-financial relationships to disclose

Deborah Lagerborg: Financial: receives a speaking fee from Education Resources, Inc. for this course. She is a paid Speaker for Toomey & Associates, Inc. Non-Financial: she has no non-financial relationships to disclose



\$799 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75.

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When Children Won't Eat/Toomey

☐ Jul/CT ☐ Aug/NE

Course Registration Form

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Needed in the event of an emergency scheduling change

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How did you learn of this course _____

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