



Conference Expectations & Instructions for Continuing Education and SOS Certificate of Attendance

As we adapt the live-taught SOS Approach to Feeding Conference to an on-line streaming format secondary to the Coronavirus pandemic, we have created these Guidelines and Instructions to ensure that participants meet all the learning outcomes necessary to begin correctly using and safely practicing the SOS Approach to Feeding program.

Technical Requirements

- A computer is the preferred device for participating in this on-line Conference. Taking the conference on a phone is not permitted. A tablet might be allowable if the other requirements below can be met with that tablet.
- **You MUST be able to hard-wire your computer directly into the Internet connection via and Ethernet cord.** WiFi connections to the internet are not sufficient and will not provide you with enough clarity to view videos and Speaker demonstrations. In addition, WiFi connections cause many technical problems resulting in too much time lost from the conference.
- A working Webcam on your computer is required (most laptops have the camera embedded).
- Headphones/Earbuds to listen to the conference from your device are suggested to provide you with the clearest signal and the least amount of background noise and static interference.

On Day 1, all Conference Participants will be required to sign onto Zoom by 7:30am of the DESIGNATED CONFERENCE TIME ZONE to listen to important Announcements regarding the administration of the Conference and how to meet your attendance requirements. In addition, this time will allow you to resolve any technical issues you may be having PRIOR to the start of the Conference.

In order to keep the SOS Approach to Feeding online conference on schedule, please log into the Zoom platform at least 10 minutes prior to the start of each of the other Conference days. This will allow our staff to resolve any technical issues you may encounter while keeping the conference on schedule.

Conference Guidelines and Expectations

In order to comply with Professional Continuing Education Credit and SOS Approach to Feeding attendance requirements, the following methods will be used to verify that participants are learning the materials and actively participating throughout the entire the SOS Approach to Feeding Online Conference.

- **Conference participants are required to sign into Zoom each day.**
 - The login process will mirror the typical sign-in/sign-out requirements which are set forth by Professional Associations (ASHA, AOTA, CDR, etc.) and used in the SOS Approach to Feeding's in-person conferences.
 - This information will be tracked and provided to each appropriate Professional Association to meet continuing education credit standards.

- If the participant has not logged in, an SOS Conference Administrator will contact the participant to identify and problem solve any potential technical issues interfering with login.
 - **If you are encountering any technical issues, we have support staff available to assist you. Please contact us at info@sosapproach.com or by calling (720) 672-1143, and we will reply as soon as possible**
 - If the participant has not logged in and the issue is determined to be something other than a technical issue, an SOS Conference Administrator will work with the participant to determine a plan for resolving the issue.
 - Participants are REQUIRED to arrive on-time for each day of the Conference and to attend the Conference in it's entirety.
- **Conference participants will be expected to answer 7-10 Test Questions twice each day to demonstrate understanding of materials presented.**
 - Schedule of test questions
 - Beginning of Lunch (12:00-12:15pm)
 - End of the day (5:00-5:15pm).
 - Participants will receive Test Questions via Survey Monkey. Participants are expected to submit their answers prior to taking their scheduled break or leaving for the end of the day. Answers will be reviewed and scored by SOS Approach to Feeding Conference Administrators.
 - Participants who do not answer the questions for each section will be contacted by an SOS Approach to Feeding Conference Administrator to problem solve any difficulties on the participant's part in answering the questions.
 - To receive a Certificate of Completion (via email), participants must answer 80% of the Test Questions correctly. If a participant does not pass, they will be contacted by an SOS Approach to Feeding Conference Administrator to identify next steps.
 - **Participants will be expected to engage in Teaching Exercises as demonstrated and taught in the conference.**
 - The Postural Stability Exercise will require you sit in a typical office/kitchen chair.
 - The Breathing Exercise will require you observe one of the SOS Professors, as well as engage in a short, shallow breathing exercise yourself.
 - The Developmental Food Continuum/Oral-Motor Exercises will require you to follow an SOS Professor in practicing with and eating various foods. **THE FOOD REQUIREMENT LIST WILL BE SENT TO YOU IN A SEPARATE CONFERENCE EMAIL.**
 - The Food Hierarchy Exercise will require that you create and submit a Food Hierarchy to the SOS Professors
 - The Steps to Eating Hierarchy Exercises will require you to play with food.
 - **Conference participants will be expected to submit Comments via the Zoom Chat Box in response to questions asked of them by the Speaker at least twice and up to four times daily. These Comments will include your reactions to the Teaching Exercises.**
 - If participants do not submit a comment when prompted, an SOS Approach to Feeding Conference Administrator will contact the participant to problem solve any difficulties on the participant's part in providing their comments.

- **Participants will be required to have their computer camera on throughout the online conference to help verify attendance and participation in the Teaching Exercises.**
 - We certainly understand that you may need to step away from the conference for a moment. However, please be aware that you will be missing important Conference materials if you are away from your computer and the Conference for more than a few minutes at a time. Therefore, we strongly encourage you to wait until the scheduled breaks if possible.
- **Participants must provide a contact number and preferred email address to the SOS Conference Administrators in case a Conference Administrator needs to contact you.**

Please note, due to the extra time required for the participant comments and on-line format during this Conference, the SOS Approach to Feeding Online Conference is extended to a full 4 days – Thursday, Friday, Saturday, and Sunday - 8:00 am – 5:00 pm. **DESIGNATED CONFERENCE TIME ZONE**

PLEASE VIEW THE UPDATED AGENDA BELOW

** Participants are expected to attend the Conference for the entire length of each day (7:30am – 5pm Day 1 and then 8am to 5pm Days 2-4), in order to receive their Certificate of Attendance and Continuing Education 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 Conference early and/or if they step away from their computer for any extended length of time.

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

Assessment and Treatment Using the SOS Approach to Feeding

LIVE STREAMED CONFERENCE AGENDA

DAY 1 :

7:30am to 8:00am

ANNOUNCEMENTS (*REQUIRED* Instead of Registration) regarding requirements and conference structure, CE's, other administrative details, ZOOM introduction and test of your interactive capabilities.

8:00am to 10:00am

I. Introduction

- A. Prevalence Data – Feeding Problems**
- B. Prevalence Data – Growth Problems**
- C. Complexity of Feeding/Eating & the Role of the Environment**

10:00am to 10:15am

Break

10:15am to noon

- 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**
 - 1. Feeding Therapy Options**

12:00pm to 12:15pm

SOS Test Questions - *On Your Own*

12:15pm to 1:00pm

Lunch - *On Your Own*

1:00pm to 3:00pm

II. Feeding Theory & Milestones (continued)

- 2. Learning Video**
 - B. Myth 1 = Breathing**
 - C. Motor Skill Acquisition**

3:00pm to 3:15 pm

Break

3:15pm to 5:00pm

D. Oral-Motor Skills & Developmental Food Continuum

5:00pm to 5:15pm

SOS Test Questions - *On Your Own*

DAY 2:

- 8:00am to 10:00am **II. Feeding Theory & Milestones** - continued
E. Sensory Skill Acquisition
F. Understanding the Role of Sensory Processing In Feeding
- 10:00am to 10:15am Break
- 10:15am to noon **II. Feeding Theory & Milestones** – continued
G. Steps to Eating - Overview
H. Cognitive Development
- 12:00pm to 12:15pm SOS Test Questions - *On Your Own*
- 12:15pm to 1:00pm Lunch - *On Your Own*
- 1:00pm to 3:00pm **II. Feeding Theory & Milestones** – continued
I. Psychological Developmental Stages
- III. Treatment/Interventions**
A. General Treatment Strategies
1. Social Role Modeling
2. Structure/Routine
- 3:00pm to 3:15pm Break
- 3:15pm to 5:00pm **III. Treatment/Interventions** - continued
A. General Treatment Strategies - continued
3. The Correct Use of Reinforcement
4. Accessing the Cognitive
B. Food Jags
- IV. Assessment of Feeding Problems**
A. Assessment Process
B. Referral Candidates
C. Reasons Children Won't Eat
D. Child Factors
- 5:00pm to 5:15pm SOS Test Questions - *On Your Own*

DAY 3:

- 8:00am to 10:00am **IV. Assessment of Feeding Problems** - continued
E. Environmental Factors
F. Parent Factors
G. Practice Videos
H. Parents' Experience
- 10:00am to 10:15am Break
- 10:15am to noon **V. The SOS Approach to Feeding – Theoretical Requirements**
A. Systematic Desensitization
B. Cues to Eating
C. Language Use

DAY 3: continued

- 12:00pm to 12:15pm SOS Test Questions - *On Your Own*
- 12:15pm to 1:00pm Lunch - *On Your Own*
- 1:00pm to 3:00pm **VI. The SOS Approach to Feeding – Therapy Sessions**
D. Therapy Format - Child
1. Room Set-Up + Modifications
2. Session Structure & Routine
- 3:00pm to 3:15 pm Break
- 3:15pm to 5:00pm **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
E. Therapy Format – Parent
F. Modifications Across Settings
G. Sensory Based Problem Solving
- 5:00pm to 5:15pm SOS Test Questions - *On Your Own*

DAY 4:

- 8:00am to 10:00am **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
H. Progression Across Sessions
I. Graduation Criteria & SOS Data
J. Building a Food Hierarchy
1. Requirements
- 10:00am to 10:15am Break
- 10:15am to noon **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
J. Building a Food Hierarchy – continued
2. Practice
K. Hierarchy Strategies – Moving Children Up the Steps
1. Play techniques per Step
2. Practicing hierarchy strategies
- 12:00pm to 12:15pm SOS Test Questions - *On Your Own*
- 12:15pm to 1:00pm Lunch - *On Your Own*
- 1:00pm to 3:00pm **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
K. Hierarchy Strategies – Moving Children Up the Steps - continued
L. Hierarchy Strategies – Oral Motor Steps to Eating
- 3:00pm to 3:15 pm Break
- 3:15pm to 5:00pm **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
- 5:00pm to 5:15pm SOS Test Questions - *On Your Own*