

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

Assessment and Treatment Using the SOS Approach to Feeding

PART 1 = PRE-RECORDED ONLINE SEGMENT

5.5 hours

15 MINUTES

Conference Announcements

- Host Introduction
- Conference logistics and requirements to pass

25 MINUTES

I. Introduction

90 MINUTES

- A. Prevalence Data – Growth Problems**
- B. Prevalence Data – Feeding Problems**
- C. Feeding Prevalence & Neurodivergent Populations**

70 MINUTES

- D. Complexity of Feeding/Eating & the Role of the Environment**
- E. Tenets of SOS**
- F. Top 10 Myths - Overview**

50 MINUTES

G. Picky Eaters vs Problem Feeders & PFD vs ARFID

100 MINUTES

II. Feeding Theory & Milestones - How children learn to AND not to eat

- A. Learning Theory**
 - 1. Feeding Therapy Options
 - 2. Video

PART 2 = IN-PERSON SEGMENT

4 days

DAY 1:

7:00am to 7:30am

Registration

7:30am to 7:45am

Conference Announcements

- Conference logistics and requirements to pass

7:45am to 9:45am

I. Introduction

II. Feeding Theory & Milestones - How children learn to AND not to eat

- A. Myth 1 = Breathing**
- B. Motor Skill Acquisition**

9:45am to 10:00am

Break

10:00am to 12:00pm

II. Feeding Theory & Milestones – continued

- C. Oral-Motor Skill Acquisition & Developmental Food Continuum**

12:00pm to 1:00pm

Lunch - *On Your Own*

1:00pm to 3:00pm

II. Feeding Theory & Milestones - continued

- C. Oral-Motor Skills & Developmental Food Continuum** - *continued*
- D. Sensory Skill Acquisition**
- E. Understanding the Role of Sensory Processing In Feeding**

3:00pm to 3:15 pm

Break

DAY 1: (continued)

3:15pm to 5:00pm **II. Feeding Theory & Milestones** – continued
 F. Steps to Eating - Overview
 G. Cognitive Development

5:00pm to 5:15pm End of Day Quiz – open book

DAY 2:

7:30am to 9:45am **II. Feeding Theory & Milestones** – continued
 G. Cognitive Development - *continued*
 H. Psychological Developmental Stages

III. Treatment/Interventions
 A. General Treatment Strategies
 1. Social Role Modeling

9:45am to 10:00am Break

10:00am to 12:00pm **III. Treatment/Interventions** – continued
 A. General Treatment Strategies - *continued*
 2. Structure/Routine
 3. The Correct Use of Reinforcement
 4. Accessing the Cognitive

12:00pm to 1:00pm Lunch - *On Your Own*

1:00pm to 3:00pm **III. Treatment/Interventions** - continued
 B. Food Jags

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

3:00pm to 3:15pm Break

3:15pm to 5:00pm **IV. Assessment of Feeding Problems** - continued
 E. Reasons Children Won't Eat - Parent Factors
 F. Practice Videos
 G. Parents' Experience

V. The SOS Approach to Feeding – Theoretical Requirements
 A. Systematic Desensitization

5:00pm to 5:15pm End of Day Quiz – open book

DAY 3:

7:30am to 9:45am

V. The SOS Approach to Feeding – Theoretical Requirements

A. Systematic Desensitization - *continued*

B. Cues to Eating

C. Language Use

VI. The SOS Approach to Feeding – Therapy Sessions

A. Therapy Format - Child

1. Room Set-Up + Modifications

9:45am to 10:00am

Break

10:00am to 12:00pm

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

A. Therapy Format - Child

2. Session Structure & Routine

B. Therapy Format – Parent

C. Modifications Across Settings

D. Sensory Based Problem Solving

12:00pm to 1:00pm

Lunch - *On Your Own*

1:00pm to 3:00pm

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

D. Sensory Based Problem Solving - *continued*

E. Progression Across Sessions

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

1. Requirements - *continued*

2. Practice

5:00pm to 5:15pm

End of Day Quiz – open book

DAY 4:

7:30am to 9:45am

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

9:45am to 10:00am

Break

10:00am to 12:00pm

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

H. Hierarchy Strategies – Moving Children Up the Steps - continued

1. Play techniques per Step - continued

2. Practicing hierarchy strategies - continued

I. Hierarchy Strategies – Oral Motor Steps to Eating

1. Play techniques per Step

2. Practicing hierarchy strategies

12:00pm to 1:00pm

Lunch - *On Your Own*

DAY 4: (continued)

- 1:00pm to 3:00pm**
- VI. The SOS Approach to Feeding – Therapy Sessions - continued**
 - J. Videos: Progression Within Session**
 - K. SOS Data**
 - VII. Managing Other Maladaptive Behaviors**
 - A. Intervention strategies – Perseveration & Vomiting**
 - B. Emotion Based Discipline**
- 3:00pm to 3:15pm
- End of Day Quiz – open book**

****This Hybrid SOS Main Training Conference (4.5 Days) has a 100% Attendance requirement.**

- **During the in-person segment of the Conference, Registrants are expected to fully participate for the entire length of each day: Days 1, 2 & 3 from 7:30am to 5:00pm AND on Day 4 from 7:30am to 3:00pm.**
- **Registrants 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.**
- **Registrants who arrive late or leave early will not receive their Certificate of Attendance or their CEU credits.**
- **There will be no partial CE credit awarded for this Conference.**