

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

15 MINUTES

Conference Announcements

- Host Introduction
- Conference logistics and requirements to pass

25 MINUTES

I. Introduction

70 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**

105 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

DAY 1:

7:00am to 7:30am

Registration

7:30am to 8:00am

Conference Announcements

- Conference logistics and requirements to pass

8:00am to 9:45am

I. Introduction

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

- B. Myth 1 = Breathing**
- C. Motor Skill Acquisition**
- D. Oral-Motor Skill Acquisition & Developmental Food Continuum**

9:45am to 10:00am

Break

10:00am to 12:00pm

II. Feeding Theory & Milestones – continued

- D. Oral-Motor Skills & Developmental Food Continuum** – continued

12:00pm to 1:00pm

Lunch - On Your Own

1:00pm to 3:00pm

II. Feeding Theory & Milestones - continued

- E. Sensory Skill Acquisition**
- F. Understanding the Role of Sensory Integration In Feeding**
- G. Steps to Eating - Overview**

DAY 1: (continued)

3:00pm to 3:15 pm

Break

3:15pm to 5:00pm

II. Feeding Theory & Milestones – continued
H. Cognitive Development

5:00pm to 5:15pm

End of Day Quiz – open book

DAY 2:

7:30am to 9:45am

QUESTIONS

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

III. Treatment/Interventions

A. General Treatment Strategies

- 1. Social Role Modeling**
- 2. Structure/Routine**

9:45am to 10:00am

Break

10:00am to 12:00pm

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

12:00pm to 1:00pm

Lunch

1:00pm to 3:00pm

III. Treatment/Interventions - continued
B. Food Jags

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**

3:00pm to 3:15pm

Break

3:15pm to 5:00pm

IV. Assessment of Feeding Problems - continued
G. Assessment Vignette 1 - Medically Complicated
H. Assessment Vignette 2 - Family
I. 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

QUESTIONS

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

1:00pm to 3:00pm

VI. The SOS Approach to Feeding – Therapy Sessions - 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
 - 2. Practice

5:00pm to 5:15pm

End of Day Quiz – open book

DAY 4:

7:30am to 9:45am

QUESTIONS

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

- I. Hierarchy Strategies – Oral Motor Steps to Eating

12:00pm to 1:00pm

Lunch

1:00pm to 3:00pm**

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

- J. Videos: Progression Within Session (Sessions 1 & 12)
- K. SOS Data

DAY 4: (continued)

1:00pm to 3:00pm**

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 (4.75 Days) has a 100% Attendance requirement. Registrants are expected to complete the 5.5 hour pre-recorded Online Segment of the Conference at least one week prior to attending the In-Person Segment of the Conference. 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.**