

**When Children Won't Eat:  
Picky Eaters versus Problem Feeders**  
Assessment and Treatment Using the SOS Approach to Feeding

**AGENDA - Virtual Live Segment**

**DAY 1:**

7:30am to 8:00am

Conference Announcements **ATTENDANCE IS REQUIRED**

- 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

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 12:15pm

Test 1 - Day 1 – open book

12:15pm 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

3:00pm to 3:15 pm

Break

3:15pm to 5:00pm

**II. Feeding Theory & Milestones** – continued

E. Understanding the Role of Sensory Processing In Feeding

F. Steps to Eating - Overview

5:00pm to 5:15pm

Test 2 - Day 1 – open book

**DAY 2:**

8:00am to 10:00am

**II. Feeding Theory & Milestones** – continued

G. Cognitive Development

H. Psychological Developmental Stages

10:00am to 10:15am

Break

10:15am to 12:00pm

**II. Feeding Theory & Milestones** – continued

H. Psychological Developmental Stages - *continued*

**III. Treatment/Interventions**

A. General Treatment Strategies

1. Social Role Modeling

2. Structure/Routine

12:00pm to 12:15pm

Test 1 - Day 2 – open book

12:15pm to 1:00pm

Lunch - *On Your Own*

## **DAY 2: (continued)**

1:00pm to 3:00pm

### **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. Referral Candidates
- B. Assessment Process
- C. Reasons Children Won't Eat - Child Factors

3:00pm to 3:15pm

Break

3:15pm to 5:00pm

### **IV. Assessment of Feeding Problems** - continued

- D. Reasons Children Won't Eat - Environmental Factors
- E. Reasons Children Won't Eat - Parent Factors
- F. Practice Videos
- G. Parents' Experience

5:00pm to 5:15pm

Test 2 - Day 2 – open book

## **DAY 3:**

8:00am to 10:00am

### **V. The SOS Approach to Feeding – Theoretical Requirements**

- A. Systematic Desensitization
- B. Cues to Eating
- C. Language Use

10:00am to 10:15am

Break

10:15am to 12:00pm

### **VI. The SOS Approach to Feeding – Therapy Sessions**

- A. Therapy Format - Child
  - 1. Room Set-Up + Modifications
  - 2. Session Structure & Routine
- B. Therapy Format – Parent
- C. Modifications Across Settings

12:00pm to 12:15pm

Test 1 - Day 3 – open book

12:15pm 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
- E. Progression Across Sessions
- F. Graduation Criteria & SOS Data

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
  - 2. Practice

5:00pm to 5:15pm

Test 2 - Day 3 – open book

## **DAY 4:**

8:00am to 10:00am	<b>VI. <u>The SOS Approach to Feeding – Therapy Sessions</u></b> - continued <b>G. Building a Food Hierarchy</b> - <i>continued</i> 2. Practice - <i>continued</i> <b>H. Hierarchy Strategies – Moving Children Up the Steps</b> 1. Play techniques per Step
10:00am to 10:15am	<u>Break</u>
10:15am to 12:00pm	<b>VI. <u>The SOS Approach to Feeding – Therapy Sessions</u></b> - continued <b>H. Hierarchy Strategies – Moving Children Up the Steps</b> - continued 1. Play techniques per Step - continued 2. Practicing hierarchy strategies - continued
12:00pm to 12:15pm	<u>Test 1 - Day 4</u> – open book
12:15pm to 1:00pm	<u>Lunch</u> - <i>On Your Own</i>
1:00pm to 3:00pm**	<b>VI. <u>The SOS Approach to Feeding – Therapy Sessions</u></b> - continued <b>I. Hierarchy Strategies – Oral Motor Steps to Eating</b> 1. Play techniques per Step 2. Practicing hierarchy strategies <b>J. Videos: Progression Within Session</b>
3:00pm to 3:15pm	<u>Break</u>
3:15pm to 5:00pm	<b>VI. <u>The SOS Approach to Feeding – Therapy Sessions</u></b> - continued <b>K. SOS Data</b>  <b>VII. <u>Managing Other Maladaptive Behaviors</u></b> <b>A. Intervention strategies – Perseveration &amp; Vomiting</b> <b>B. Emotion Based Discipline</b>
5:00pm to 5:15pm	<u>Test 2 - Day 4</u> – 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 Live Stream Segment of the Conference. During the Live Stream Segment of the Conference, Registrants are expected to fully participate for the entire length of each day: Days 1 from 7:30am to 5:00pm and Days 2, 3 and 4 from 8:00 am to 5:00pm. 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.**