<u>SOS APPROACH TO FEEDING:</u>
ASSESSMENT AND TREATMENT OF PEDIATRIC FEEDING CHALLENGES

TRAINING COURSE

<u>PART 1 = PRE-RECORDED ONLINE SEGMENT</u> - (9 hours Educational content)

15 minutes

Chapter 1: **Introduction and Requirements**
- Host Introduction
- Course logistics and requirements to pass

2 hours, 30 minutes

Chapter 2: ***Prevalence and Scope of Problem***
        A. Scope of Problem & Development of SOS
        B. Prevalence Data – Growth Problems
        C. Prevalence Data – Feeding Problems
        D. Feeding Prevalence & Neurodivergent Populations
        E. SOS Iceberg

2 hours, 30 minutes

Chapter 3: ***SOS Tenets and Top Ten Myths***
        A. Complexity of Feeding/Eating & the Role of the Environment
        B. Tenets of SOS & Top 10 Myths - Overview
        C. Myth 8: Picky Eaters vs Problem Feeders and PFD vs ARFID

2 hours

Chapter 4: ***The Role of Learning in Feeding*** - How children learn to AND not to eat
        A. Learning Theory
        B. Feeding Therapy Options
        C. Conditioning Video

1 hour

Chapter 5: ***Foundations of Feeding Development - Motor and Sensory***
        A. Motor Milestones
        B. Sensory Milestones

1 hour

Chapter 6: ***Foundations of Feeding Development - Cognitive***
        A. Cognitive Milestones

<u>PART 2 = VIRTUAL IN-PERSON SEGMENT</u> (live on Zoom)

<u>DAY 1:</u>

7:30am to 8:00am

Course Announcements **ATTENDANCE IS REQUIRED**
- Course logistics and requirements to pass

8:00am to 10:00am

I. *Introduction*
        A. Overview – SOS Tenets & PFD

II. *Feeding Theory & Milestones* - How children learn to AND not to eat
        A. Myth 1 = Breathing
        B. Myth 1 = Posture
        C. Oral-Motor Skill Acquisition & Developmental Food Continuum

10:00am to 10:15am

<u>Break</u>

DAY 1: (continued)

10:15am to 12:00pm   ***II. Feeding Theory & Milestones*** – continued
  C. Oral-Motor Skills & Developmental Food Continuum – continued

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
  D. Sensory Skill Acquisition
  E. Understanding the Role of Sensory Integration In Feeding

3:00pm to 3:15 pm   Break

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

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 – continued
  H. Psychological Developmental Stages

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

10:00am to 10:15am   Break

10:15am to 12:00pm   ***III. Treatment/Interventions*** - continued
  A. General Treatment Strategies - continued
  2. Structure/Routine
  3. The Correct Use of Reinforcement

12:00pm to 12:15pm   Test 1 - Day 2 – open book

12:15pm to 1:00pm   Lunch - *On Your Own*

1:00pm to 3:00pm   ***III. Treatment/Interventions*** - continued
  A. General Treatment Strategies - continued
  4. Accessing the Cognitive
  B. Food Jags

  IV. Assessment of Feeding Problems
  A. Referral Candidates
  B. Assessment Process

3:00pm to 3:15pm   Break

3:15pm to 5:00pm   ***IV. Assessment of Feeding Problems*** - continued
  C. Assessment by Subsystems
  1. Reasons Children Won't Eat
  2. What to Observe
  3. Practice Videos

DAY 2: (continued)

3:15pm to 5:00pm   *IV. Assessment of Feeding Problems* - continued
           D. Assessment Vignette 1 - Medically Complicated
           E. Assessment Vignette 2 - Family
           F. Parents' Experience

5:00pm to 5:15pm   <u>Test 2 - Day 2</u> – 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   <u>Break</u>

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   <u>Test 1 - Day 3</u> – open book

12:15pm to 1:00pm   <u>Lunch</u> - *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
           G. Building a Food Hierarchy
              1. Requirements

3:00pm to 3:15pm   <u>Break</u>

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   <u>Test 2 - Day 3</u> – open book

DAY 4:

8:00am to 10:00am   *VI. The SOS Approach to Feeding – Therapy Sessions* - continued
           H. Hierarchy Strategies – Moving Children Up the Steps
              1. Disciplines' Roles
              2. Play with a Purpose
              3. Play techniques per Step
              4. Practicing hierarchy strategies

DAY 4: (continued)

10:00am to 10:15am   <u>Break</u>

10:15am to 12:00pm   **VI. *<u>The SOS Approach to Feeding – Therapy Sessions</u>*** - continued
                                      H. Hierarchy Strategies – Moving Children Up the Steps - continued
                                                3. Play techniques per Step- continued
                                                4. Practicing hierarchy strategies - continued
                                    I. Hierarchy Strategies – Oral Motor Steps to Eating

12:00pm to 12:15pm   <u>Test 1 - Day 4</u> – open book

12:15pm to 1:00pm   <u>Lunch</u> - *On Your Own*

1:00pm to 3:15pm   **VI. *<u>The SOS Approach to Feeding – Therapy Sessions</u>*** - continued
                                    J. Videos: Progression Within Session (Sessions 1 & 12)
                                    K. SOS Data

                        VII. *<u>Managing Other Maladaptive Behaviors</u>*
                                    A. Vomiting
                                    B. Emotion Based Discipline

3:15pm to 3:30pm   <u>Test 2 - Day 4</u> – open book

This VIRTUAL - Hybrid SOS Training Course (5 Days) has a 100% Attendance requirement. Registrants are expected to complete the 9-hour pre-recorded Online Segment of the Training Course at least one week prior to attending the In-Person Virtual Segment of the Course. During the In-Person Virtual Segment of the Training Course, Registrants are expected to fully participate for the entire length of each day: Day 1 from 7:30am to 5:00pm, Days 2 & 3 from 8:00am to 5:00pm and on Day 4 from 8:00am to 3:15pm. 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 Training Course 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 SOS Training Course.

<u>Continuing Education Hours assigned for</u>:
3 days x 7.5 hours each day (Days 1-3 In-Person) = 22.5 hours
1 day of 6 hours (Day 4 In-Person) = 6 hours
Online Segment = 9 hours

<u>TOTAL = 37.5 hours</u>