



Hybrid Live Stream SOS Training Course Expectations & Instructions for Continuing Education and SOS Certificate of Completion

These Guidelines and Instructions have been created to ensure that the SOS Hybrid Live Stream Training Course 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 Live Stream Training Course. Taking the course 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 an Ethernet cord.** Wi-Fi connections to the internet are not sufficient and will not provide you with enough clarity to view videos and Speaker demonstrations. In addition, Wi-Fi connections cause many technical problems resulting in too much time lost from the course.
- A working webcam on your computer is required (most laptops have the camera embedded).
- Headphones/earbuds to listen to the course from your device are suggested to provide you with the clearest signal and the least amount of background noise and static interference.
- **YOU ARE REQUIRED TO ATTEND ONE OF THE 1-HOUR COURSE ORIENTATION SESSIONS** during the week prior to the course. Your "Mandatory Next Steps" Email sent 1 month prior to the course start date will give you the dates and times available to register for those Orientation Meetings. Once registered for an Orientation Meeting, you will receive an automated confirmation email with the details to join the Orientation Meeting via Zoom. **IF YOU DO NOT RECEIVE THE "MANDATORY NEXT STEPS" EMAIL AT LEAST 3 WEEKS BEFORE THE START OF THE COURSE, PLEASE FIRST CONFIRM THE EMAIL THAT WAS USED TO REGISTER AND CHECK YOUR JUNK/SPAM FOLDER. IF NO EMAIL FROM US HAS BEEN RECEIVED, YOU ARE RESPONSIBLE FOR CONTACTING US AT INFO@SOSAPPROACH.COM TO OBTAIN YOUR "MANDATORY NEXT STEPS" EMAIL.**

On Day 1, all course Participants will be required to sign onto Zoom by 7:30 AM CENTRAL TIME to listen to important Announcements regarding the administration of the course 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 course.

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

Course Guidelines and Expectations

In order to comply with professional Continuing Education Associations 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 SOS Approach to Feeding Live Stream Training Course:

- **There is a 100% Attendance Policy in place for all Participants.**
 - Arrangements are expected to be made to ensure all family and childcare responsibilities are met by others, similar to if the Participant was attending an in-person course.
 - No appointments which will remove the Participant from the course for more than 10 minutes maximum during the Lecture part of the course is allowed; work, personal, or medical
- **Course 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 Training Courses.
 - This information will be tracked and provided to each appropriate professional Continuing Education Association to meet continuing education credit standards.
 - If the Participant has not signed in, an SOS Course 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 texting or calling (720) 672-1143 as soon as possible.**
 - If the Participant has not signed in and the issue is determined to be something other than a technical issue, an SOS Course 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 course and to attend the course in its entirety (see Attendance Policy above).
- **Course Participants will be expected to answer 7-10 Test Questions twice each day to demonstrate an understanding of the materials presented.**
 - Schedule of test questions
 - Beginning of Lunch (12:00 PM-12:15 PM)
 - End of the day (5:00 PM-5:15 PM Days 1-3 and 3:15 PM-3:30 PM on Day 4)
 - Tests will be administered via the Hybrid SOS Training Course Testing Dashboard. Participants will receive a link to the Testing Dashboard in their "Mandatory Next Steps" Email. At the start of Lunch and at the end of each course Day, the Participants will need to open the Testing Dashboard link to take their test. Participants are expected to submit their answers prior to starting their lunch break or leaving for the end of the day. Answers will be reviewed and scored by SOS Approach to Feeding Course Administrators.
 - Participants who do not answer the questions for each section will be contacted by an SOS Approach to Feeding Course 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 receive a passing score of 80% or higher on each of the tests.** If a Participant does not pass after the second attempt, they will be contacted by an SOS Approach to Feeding Course Administrator to identify the next steps.
- **Participants will be expected to engage in Teaching Exercises as demonstrated and taught in the course.**
 - The Postural Stability Exercise will require you to 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 IS INCLUDED IN THE "MANDATORY NEXT STEPS" EMAIL**, sent 1 month prior to the course start date.

- 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.
 - As part of this course, you will be seen and be able to see your colleagues participating in these physical exercises.
- **Course 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 within 5 minutes, an SOS Approach to Feeding Course Administrator will contact the Participant to problem-solve any difficulties on the Participant's part in providing their comments.
 - Please make sure that you are monitoring your Chat Box and cell phone after Questions and Exercises in case a Course Administrator is trying to reach you.
- **Participants will be required to have their computer camera on throughout the Live Stream Course to help verify attendance and participation in the Teaching Exercises.**
 - We certainly understand that you may need to step away from the course for a moment. However, please be aware that you will miss important course materials if you are away from your computer and the course 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 email address WHERE YOU CAN BE REACHED DURING THE COURSE to the SOS Course Administrators in case a Course Administrator needs to contact you.**
 - If you register with your work phone number and/or your work email address and you will be NOT checking those numbers/email during the course, you will need to send a personal phone number and a personal email address to us at info@sosapproach.com. Please tell us which course you are planning on attending so we can make sure your information is logged in for the correct course offering.

**** Participants are expected to attend the course and participate fully for the entire length of each day (7:30 AM to 5:00 PM Central Time on Day 1, 8:00 AM to 5:00 PM Central Time on Days 2-3, and 8:00 AM to 3:15 PM Central Time on Day 4) in order to receive their Certificate of Completion, any continuing education credits, and/or to be allowed to use the SOS Approach to Feeding program. 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 course early.**

VIEW FULL AGENDA BELOW

SOS APPROACH TO FEEDING:

ASSESSMENT AND TREATMENT OF PEDIATRIC FEEDING CHALLENGES

TRAINING COURSE

PART 1 = PRE-RECORDED ONLINE SEGMENT - (9 hours Educational content)

15 minutes	<u>Chapter 1: Introduction and Requirements</u> • Host Introduction • Course logistics and requirements to pass
2 hours, 30 minutes	<u>Chapter 2: Prevalence and Scope of Problem</u> 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	<u>Chapter 3: SOS Tenets and Top Ten Myths</u> 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	<u>Chapter 4: The Role of Learning in Feeding</u> - How children learn to AND not to eat A. Learning Theory B. Feeding Therapy Options C. Conditioning Video
1 hour	<u>Chapter 5: Foundations of Feeding Development</u> - Motor and Sensory A. Motor Milestones B. Sensory Milestones
1 hour	<u>Chapter 6: Foundations of Feeding Development</u> - Cognitive A. Cognitive Milestones

PART 2 = VIRTUAL IN-PERSON SEGMENT (live on Zoom)

DAY 1:

7:30am to 8:00am	Training Course Announcements ATTENDANCE IS REQUIRED • Training Course logistics and requirements to pass
8:00am to 10:00am	<u>I. Introduction</u> A. Overview – SOS Tenets & PFD <u>II. Feeding Theory & Milestones</u> - 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	<u>II. Feeding Theory & Milestones</u> – continued C. Oral-Motor Skills & Developmental Food Continuum – continued
12:00pm to 12:15pm	<u>Test 1 - Day 1</u> – open book
12:15pm to 1:00pm	<u>Lunch</u> - On Your Own
1:00pm to 3:00pm	<u>II. Feeding Theory & Milestones</u> - continued D. Sensory Skill Acquisition E. Understanding the Role of Sensory Integration In Feeding
3:00pm to 3:15 pm	<u>Break</u>
3:15pm to 5:00pm	<u>II. Feeding Theory & Milestones</u> – continued F. Steps to Eating - Overview G. Cognitive Development
5:00pm to 5:15pm	<u>Test 2 - Day 1</u> – open book

DAY 2:

8:00am to 10:00am	<u>II. Feeding Theory & Milestones</u> – continued G. Cognitive Development – continued H. Psychological Developmental Stages
	<u>III. Treatment/Interventions</u> A. General Treatment Strategies 1. Social Role Modeling
10:00am to 10:15am	<u>Break</u>
10:15am to 12:00pm	<u>III. Treatment/Interventions</u> - continued A. General Treatment Strategies - continued 2. Structure/Routine 3. The Correct Use of Reinforcement
12:00pm to 12:15pm	<u>Test 1 - Day 2</u> – open book
12:15pm to 1:00pm	<u>Lunch</u> - On Your Own
1:00pm to 3:00pm	<u>III. Treatment/Interventions</u> - continued A. General Treatment Strategies - continued 4. Accessing the Cognitive B. Food Jags
	<u>IV. Assessment of Feeding Problems</u> A. Referral Candidates B. Assessment Process
3:00pm to 3:15pm	<u>Break</u>
3:15pm to 5:00pm	<u>IV. Assessment of Feeding Problems</u> - 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	<u>IV. Assessment of Feeding Problems</u> - continued D. Assessment Vignette 1 - Medically Complicated
5:00pm to 5:15pm	<u>Test 2 - Day 2</u> – open book

DAY 3:

8:00am to 10:00am	<u>IV. Assessment of Feeding Problems</u> - continued E. Assessment Vignette 2 - Family F. Parents' Experience
	<u>V. The SOS Approach to Feeding – Theoretical Requirements</u> A. Systematic Desensitization B. Cues to Eating
10:00am to 10:15am	<u>Break</u>
10:15am to 12:00pm	<u>V. The SOS Approach to Feeding – Theoretical Requirements</u> – continued C. Language Use
	<u>VI. The SOS Approach to Feeding – Therapy Sessions</u> A. Therapy Format - Child 1. Room Set-Up + Modifications 2. Session Structure & Routine
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	<u>VI. The SOS Approach to Feeding – Therapy Sessions</u> - continued B. Therapy Format – Parent C. Modifications Across Settings D. Sensory Based Problem Solving E. Progression Across Sessions F. Graduation Criteria & SOS Data
3:00pm to 3:15pm	<u>Break</u>
3:15pm to 5:00pm	<u>VI. The SOS Approach to Feeding – Therapy Sessions</u> - 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	<u>VI. The SOS Approach to Feeding – Therapy Sessions</u> - continued G. Building a Food Hierarchy - continued 2. Practice - 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
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DAY 4: (continued)

10:00am to 10:15am	<u>Break</u>
10:15am to 12:00pm	<u>VI. 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	<u>VI. The SOS Approach to Feeding – Therapy Sessions</u> - continued I. Hierarchy Strategies – Oral Motor Steps to Eating - continued J. Videos: Progression Within Session (Sessions 1 & 12) K. SOS Data <u>VII. Managing Other Maladaptive Behaviors</u> A. 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 Completion or their CEU credits. There will be no partial CE credit awarded for this SOS Training Course.