

# 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	<b>Conference Announcements</b> <ul style="list-style-type: none"><li>• Host Introduction</li><li>• Conference logistics and requirements to pass</li></ul>
25 MINUTES	<b><u>I. Introduction</u></b> <b>A. Prevalence Data – Growth Problems</b> <b>B. Prevalence Data – Feeding Problems</b> <b>C. Feeding Prevalence &amp; Neurodivergent Populations</b>
70 MINUTES	
70 MINUTES	<b>D. Complexity of Feeding/Eating &amp; the Role of the Environment</b> <b>E. Tenets of SOS</b> <b>F. Top 10 Myths - Overview</b>
50 MINUTES	<b>G. Picky Eaters vs Problem Feeders &amp; PFD vs ARFID</b>
105 MINUTES	<b><u>II. Feeding Theory &amp; Milestones</u></b> - How children learn to AND not to eat <b>A. Learning Theory</b> <ol style="list-style-type: none"><li>1. Feeding Therapy Options</li><li>2. Video</li></ol>

### **PART 2 = IN-PERSON SEGMENT**

#### **DAY 1:**

8:00am to 8:30am	Registration
8:30am to 9:00am	<b>Conference Announcements</b> <ul style="list-style-type: none"><li>• Conference logistics and requirements to pass</li></ul>
9:00am to 10:45am	<b><u>I. Introduction</u></b>  <b><u>II. Feeding Theory &amp; Milestones</u></b> - How children learn to AND not to eat <b>B. Myth 1 = Breathing</b> <b>C. Motor Skill Acquisition</b> <b>D. Oral-Motor Skill Acquisition &amp; Developmental Food Continuum</b>
10:45am to 11:00am	<u>Break</u>
11:00am to 1:00pm	<b><u>II. Feeding Theory &amp; Milestones</u></b> – continued <b>D. Oral-Motor Skills &amp; Developmental Food Continuum</b> – continued
1:00pm to 2:00pm	<u>Lunch</u>
2:00pm to 4:00pm	<b><u>II. Feeding Theory &amp; Milestones</u></b> - continued <b>E. Sensory Skill Acquisition</b> <b>F. Understanding the Role of Sensory Integration In Feeding</b> <b>G. Steps to Eating – Overview</b>

## **DAY 1: (continued)**

4:00pm to 4:15pm

Break

4:15pm to 6:00pm

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

## **DAY 2:**

8:30am to 10:45am

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

### **III. Treatment/Interventions**

#### **A. General Treatment Strategies**

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

10:45am to 11:00am

Break

11:00am to 1:00pm

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

1:00pm to 2:00pm

Lunch

2:00pm to 4:00pm

**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**

4:00pm to 4:15pm

Break

4:15pm to 6:00pm

**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**

## **DAY 3:**

8:30am to 10:45am

### **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

10:45am to 11:00am

Break

11:00am to 1:00pm

### **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

1:00pm to 2:00pm

Lunch

2:00pm to 4:00pm

### **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

4:00pm to 4:15pm

Break

4:15pm to 6:00pm

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

- G. Building a Food Hierarchy
  - 2. Practice

## **DAY 4:**

8:30am to 10:45am

### **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

10:45am to 11:00am

Break

11:00am to 1:00pm

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

- I. Hierarchy Strategies – Oral Motor Steps to Eating

1:00pm to 2:00pm

Lunch

2:00pm to 4:00pm

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

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

### **VII. Managing Other Maladaptive Behaviors**

- A. Intervention strategies – Perseveration & Vomiting
- B. Emotion Based Discipline

**\*\*This Hybrid SOS Main Training Conference (4.75 Days) has a 100% Attendance requirement. Registrants are expected to complete the 6-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 8:30am to 6:00pm AND on Day 4 from 8:30am to 4:00pm. 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.**