

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 **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

PART 2 = IN-PERSON SEGMENT

DAY 1:

- 8:00am to 8:30am Registration
- 8:30am to 8:45am **Course Announcements**
- Course logistics and requirements to pass
- 8:45am to 10:30am **I. Introduction**
- II. Feeding Theory & Milestones** - How children learn to AND not to eat
- B. Myth 1 = Breathing
 - C. Myth 1 = Posture
 - D. Oral-Motor Skill Acquisition & Developmental Food Continuum
- 10:30am to 10:45am **Break**

DAY 1: (continued)

- 10:45am to 12:30pm **II. Feeding Theory & Milestones** – continued
D. Oral-Motor Skills & Developmental Food Continuum – continued
- 12:30pm to 1:30pm Lunch
- 1:30pm to 3:30pm **II. Feeding Theory & Milestones** - continued
E. Sensory Skill Acquisition
F. Understanding the Role of Sensory Integration In Feeding
G. Steps to Eating - Overview
- 3:30pm to 3:45 pm Break
- 3:45pm to 5:30pm **II. Feeding Theory & Milestones** – continued
H. Cognitive Development

DAY 2:

- 8:30 to 10:30am **II. Feeding Theory & Milestones** – continued
I. Psychological Developmental Stages
- III. Treatment/Interventions**
A. General Treatment Strategies
1. Social Role Modeling
2. Structure/Routine
- 10:30am to 10:45am Break
- 10:45am to 12:30pm **III. Treatment/Interventions** - continued
A. General Treatment Strategies - continued
3. The Correct Use of Reinforcement
4. Accessing the Cognitive
- 12:30pm to 1:30pm Lunch
- 1:30pm to 3:30pm **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
- 3:30pm to 3:45 pm Break
- 3:45pm to 5:30pm **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:

8:30 to 10:30am

- VI. The SOS Approach to Feeding – Theoretical Requirements**
 - B. Cues to Eating
 - C. Language Use

- VI. The SOS Approach to Feeding – Therapy Sessions**
 - A. Therapy Format - Child
 - 1. Room Set-Up + Modifications
 - 2. Session Structure & Routine

10:30am to 10:45am

Break

10:45am to 12:30pm

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued
 - A. Therapy Format - Child - continued
 - 2. Session Structure & Routine - continued
 - B. Therapy Format – Parent
 - C. Modifications Across Settings
 - D. Sensory Based Problem Solving

12:30pm to 1:30pm

Lunch

1:30pm to 3:30pm

- 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

3:30pm to 3:45 pm

Break

3:45pm to 5:30pm

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued
 - G. Building a Food Hierarchy
 - 2. Practice

DAY 4:

8:30 to 10:30am

- 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

10:30am to 10:45am

Break

10:45am to 12:30pm

- VI. The SOS Approach to Feeding – Therapy Sessions** - continued
 - H. Hierarchy Strategies – Moving Children Up the Steps - continued
 - 4. Practicing hierarchy strategies - continued
 - I. Hierarchy Strategies – Oral Motor Steps to Eating
 - 1. Practicing hierarchy strategies

12:30pm to 1:30pm

Lunch

DAY 4: (continued)

- 1:30pm to 3:30pm **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
 I. Hierarchy Strategies – Oral Motor Steps to Eating - continued
 1. Practicing hierarchy strategies- continued
 J. Videos: Progression Within Session (Sessions 1)
- 3:30pm to 3:45 pm **Break**
- 3:45pm to 5:30pm **VI. The SOS Approach to Feeding – Therapy Sessions** - continued
 K. SOS Data
- VII. Managing Other Maladaptive Behaviors**
 A. Vomiting
 B. Emotion Based Discipline

****This 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 (+ 15 minutes Instructions & Requirements) at least one week prior to attending the In-Person Segment of the Course. During the In-Person Segment of the Training Course, Registrants are expected to fully participate for the entire length of each day: Days 1-4 from 8:30am to 5:30pm. 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.**

PROFESSIONAL DEVELOPMENT HOURS/CONTINUING EDUCATION HOURS (you must check with the HOST of your Training to determine what type of education or development hours are being assigned)

Online Segment = 9 hours of content

In-Person Segment = 4 days x 7.5 hours each day (Days 1-4 In-Person) = 30 hours of content

TOTAL = 39 hours