

The SOS Approach to Feeding

PICKY EATER VS PROBLEM FEEDER

NEW and **IMPROVED** version of the SOS Approach to Feeding Training!



SPEAKERS



Kay A. Toomey,
PhD



Erin S. Ross, PhD,
CCC-SLP

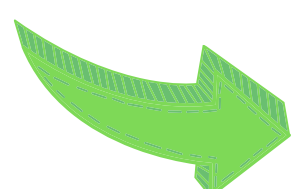


Lindsay Beckerman,
MOT, OTR/L

COURSE DETAILS

- DATES** 12-15 February, 2025
(4 full days in-person conference +
6 hours of prerequisite online learning)
- TIMES** 9am - 6pm (except Day 1)
(refer to Course Agenda)
- VENUE** Regal Riverside Hotel
34-36 Tai Chung Kiu Road, Sha Tin,
HONG KONG

REGISTER HERE



REGISTRATION FEES








- Early Bird** HKD \$ 11,800
(by 18 October 2024)
- Group of 3+** HKD \$ 11,500
(email us before 31 December 2024)
- Standard Rate** HKD \$ 13,500
(from 19 October 2024 to 31 January 2025)
- HKOTA/HKIST/HKDA/HKPS members only.**
Discounted rate HKD \$ 11,200
(by 30 November 2024. Conditions Apply.)



COURSE DESCRIPTION

The SOS Approach to Feeding is a transdisciplinary program for assessing and treating children with feeding difficulties and weight/ growth problems. It has been developed and refined through the clinical work of Dr Kay Toomey in conjunction with colleagues from several different disciplines including: paediatricians, registered dietitians, speech pathologists, and occupational therapists. This program integrates posture, sensory, motor, behavioural/ learning, social/ emotional, medical, and nutritional factors with approaches to comprehensively evaluate and manage children with feeding/ growth problems. It is based on, and grounded philosophically in, the “normal” developmental steps, stages, and skills of feeding found in typically developing children. The treatment component utilises these typical developmental steps towards feeding to create a systematic desensitisation hierarchy of skills/ behaviours necessary for children to progress with eating various textures, and achieve appropriate growth. The assessment component of the program ensures that all physical reasons for atypical feeding development. are examined and appropriately treated. The SOS Approach works to identify any nutritional deficits and to develop recommendations as appropriate to each individual child’s growth parameters and needs. Skills across all developmental areas are assessed with regards to feeding, as well as an examination of learning capabilities with regards to using the SOS program.

LEARNING OBJECTIVES

-  List the seven areas of human function that need to be examined to provide a comprehensive Feeding Assessment.
-  Identify at least five of the oral, sensory, motor, cognitive or emotional developmental milestones key to being able to eat well.
-  List three reasons why children won’t eat, as based on learning theory principles.
-  Differentiate classical and operant conditioning principles as applied to resolving feeding problems.
-  Identify at least four of the necessary components of an SOS Approach to Feeding program for babies, toddlers and young children in either an individual or group therapy session.
-  List all three requirements for building a Food Hierarchy.
-  Identify at least one play based strategy for progressing a child up each of the 6 major Steps on the Steps to Eating Hierarchy.



SPEAKERS



Dr. Kay Toomey is a Pediatric Psychologist who has worked with children who don't eat for almost 35 years. She has developed the SOS Approach to Feeding as a family centered program for assessing and treating children with feeding problems. Dr. Toomey speaks nationally and internationally about her approach. Dr. Toomey helped to form The Children's Hospital – Denver's Pediatric Oral Feeding Clinic, as well as the Rose Medical Center's Pediatric Feeding Center. Dr. Toomey co-chaired the Pediatric Therapy Services Department at Rose Medical Center prior to entering private practice. Dr. Toomey acted as the Clinical Director for Toomey & Associates, Inc.'s Feeding Clinic, and then the SOS Feeding Solutions @ STAR before shifting into clinical consultation in order to focus on her teaching. Dr. Toomey is currently the President of Toomey & Associates, Inc.

- President, Toomey & Associates, Inc. and the Developer of the SOS Approach to Feeding program (paid)
- Adjunct Research Fellow of Rocky Mountain University of Health Professions (paid)
- Co-Author, "Behaviorally Based Feeding Problems" in Suiter & Gosa (Eds.) *Assessing and Treating Dysphagia: A Lifespan Perspective* (2019). New York: Thieme Publishers (unpaid)
- Founding Medical Professional Council Member with Feeding Matters - PFD Alliance Committee Member and Conference Committee Member (unpaid)



Dr. Erin Ross is a Speech Pathologist with a Doctoral degree in Clinical Sciences – Health Services Research. She completed a two-year post-doctoral training in the Section of Nutrition and is an Assistant Clinical Professor in the School of Medicine, Department of Pediatrics, at the University of Colorado Denver. She is also on faculty at the Rocky Mountain University of Health Professions. Dr. Ross has over 30 years of experience working in the NICU within several HealthONE hospitals, and with children when she was at the SOS Feeding Solutions clinic in Denver, Colorado. Dr. Ross is the creator of the SOFFI Method™, a feeding program for use in the NICU. She has specialized in the development of feeding skills, and the etiology and treatment of feeding and growth problems in infants and very young children from initial hospitalization through the first 5 years of life.

- President and CEO of Feeding FUNDamentals, LLC.
- Faculty at the Rocky Mountain University of Health Professions (paid)
- Consultant for Nestec/Gerber Baby Foods (paid)
- Gerber Child Advocate/Developmental Panel member (paid)
- Consultant for Intertek (paid)
- Speaker for Toomey & Associates, Inc. & Feeding Fundamentals, LLC (paid)
- Co-Author, "Behaviorally Based Feeding Problems" in Suiter & Gosa (Eds.) *Assessing and Treating Dysphagia: A Lifespan Perspective* (2019). New York: Thieme Publishers (unpaid)
- PFD Alliance Leadership with Feeding Matters – PFD Alliance Advocacy Chair (unpaid)



Lindsay Beckerman received her Master of Occupational Therapy degree from Ohio State University. She currently works in a private practice with children, teens, and adults with feeding challenges in their home and community as well as Developmental FX, a non-profit clinic supporting children with a wide variety of developmental needs. Prior to this, she worked as a Pediatric Feeding Specialist at SOS Feeding Solutions at the STAR Institute with Dr. Lucy Jane Miller. She specializes in feeding difficulties in atypical learners, including children and teens with Autism Spectrum Disorders, ADHD, and multisensory processing difficulties. Lindsay has also worked as a member of a multidisciplinary team with Autism Spectrum Disorders, SPD, emotional/behavioral disorders and feeding problems. Lindsay has completed the STAR Institute's Level 1, Level 2, and Level 3 Intensive Mentorship Programs and is a certified DIR Floortime Provider. Lindsay also serves as a board member for Charlotte's Day, a non-profit group that helps to provide posturally supportive chairs to children in feeding therapy.

- Paid speaker for Toomey & Associates, Inc.
- Board Member for Charlotte's Day





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 (6 hours)

| | |
|-------------|--|
| 15 MINUTES | Conference Announcements <ul style="list-style-type: none">• Host Introduction• Conference logistics and requirements to pass |
| 25 MINUTES | <u>I. Introduction</u> <ul style="list-style-type: none">A. Prevalence Data – Growth ProblemsB. Prevalence Data – Feeding ProblemsC. Feeding Prevalence & Neurodivergent Populations |
| 70 MINUTES | |
| 70 MINUTES | <ul style="list-style-type: none">D. Complexity of Feeding/Eating & the Role of the EnvironmentE. Tenets of SOSF. Top 10 Myths - Overview |
| 50 MINUTES | <ul style="list-style-type: none">G. Picky Eaters vs Problem Feeders & PFD vs ARFID |
| 105 MINUTES | <u>II. Feeding Theory & Milestones</u> - How children learn to AND not to eat <ul style="list-style-type: none">A. Learning Theory<ul style="list-style-type: none">1. Feeding Therapy Options2. Video |

PART 2 = IN-PERSON SEGMENT (4 Days)

DAY 1:

| | |
|--------------------|---|
| 8:30am to 9:00am | Registration |
| 9:00am to 9:15am | Conference Announcements <ul style="list-style-type: none">• Conference logistics and requirements to pass |
| 9:15am to 10:45am | <u>I. Introduction</u> <u>II. Feeding Theory & Milestones</u> - How children learn to AND not to eat <ul style="list-style-type: none">B. Myth 1 = BreathingC. Motor Skill AcquisitionD. Oral-Motor Skill Acquisition & Developmental Food Continuum |
| 10:45am to 11:00am | <u>Break</u> |
| 11:00am to 1:00pm | <u>II. Feeding Theory & Milestones</u> – continued <ul style="list-style-type: none">D. Oral-Motor Skills & Developmental Food Continuum – continued |
| 1:00pm to 2:00pm | <u>Lunch</u> - On Your Own |
| 2:00pm to 4:00pm | <u>II. Feeding Theory & Milestones</u> - continued <ul style="list-style-type: none">E. Sensory Skill AcquisitionF. Understanding the Role of Sensory Integration In Feeding |



DAY 1: (continued)

4:00pm to 4:15 pm Break

4:15pm to 6:00pm **II. Feeding Theory & Milestones** – continued
G. Steps to Eating - Overview
H. Cognitive Development

DAY 2:

9:00am to 10:45am **II. Feeding Theory & Milestones** – continued
H. Cognitive Development - continued
I. Psychological Developmental Stages

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

10:45am to 11:00am Break

11:00am to 1:00pm **III. Treatment/Interventions** - continued
A. General Treatment Strategies
2. Structure/Routine
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
C. Assessment by Subsystems - continued
D. Assessment Vignette 1 - Medically Complicated
E. Assessment Vignette 2 - Family
F. Parents' Experience

DAY 3:

9:00am to 10:45am **V. The SOS Approach to Feeding – Theoretical Requirements**
A. Systematic Desensitization -- continued
B. Cues to Eating
C. Language Use

10:45am to 11:00am Break



DAY 3: (continued)

11:00am to 1:00pm

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**

1:00pm to 2:00pm

Lunch

2:00pm to 4:00pm

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

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:

9:00am 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

- H. Hierarchy Strategies – Moving Children Up the Steps** - continued
 - 1. Play techniques per Step - continued
 - 2. Practicing hierarchy strategies - continued

1:00pm to 2:00pm

Lunch

2:00pm to 4:00pm**

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

- I. Hierarchy Strategies – Oral Motor Steps to Eating**
- J. Videos: Progression Within Session (Sessions 1 & 12)**
- K. SOS Data**

4:00pm to 4:15pm

Break

4:15pm to 6:00pm**

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 = 9am to 6pm. 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.**