

# PICKY EATERS VS PROBLEM FEEDERS: The SOS Approach to Feeding

## 2021 AUSTRALIAN LIVE STREAMED WORKSHOP

### DATES

18-21 January 2021  
(Monday-Thursday)

**Due to the global pandemic and travel restrictions, this SOS Workshop will be Live Streamed (i.e. Virtual).**

### PLEASE NOTE

**The SOS Main Training Course is run over 4 full days and full attendance is required for certification.**

**Advanced training courses are available online for those who have already attended the SOS Main Training Course.**

**Go to:**

**[www.sosapproach.com](http://www.sosapproach.com)**



### THE SPEAKERS

Dr Kay Toomey from Colorado in the United States is presenting another of her hugely successful training events for paediatric health professionals. This year she is joined by her colleagues Dr Erin Ross (paediatric speech pathologist) and Lindsay Beckerman (paediatric occupational therapist).

### THE SOS APPROACH TO FEEDING

The SOS Approach is a transdisciplinary program for assessing and treating children with feeding difficulties and poor growth (birth to 18 years of age), with a particular focus on early intervention in children from 6 months to 5 years of age. This approach integrates posture, sensory, motor, behavioural/ learning, medical, and nutritional considerations to comprehensively evaluate and manage children with feeding and growth problems.

### SOS WORKSHOPS

Health professionals who attend the full SOS Main Training Course are eligible for accreditation to run the SOS Program. Additional SOS Special Interest training modules are open to health professionals who have completed the Main Training Course and are available online.

### WHO SHOULD ATTEND

The SOS workshops are designed for speech pathologists, occupational therapists, psychologists, dietitians/nutritionists, GPs, paediatricians, early childhood and community nurses, mental health workers, special educators, and other paediatric health professionals working with children with feeding difficulties.

### RESOURCES

All participants will be provided with a digital copy of course notes and handouts. Additional resources developed by the presenters are available for purchase.

### REGISTRATION

Registration fees and workshop outlines are provided on the pages following. To register to attend the workshop, please go to [www.feedingworkshops.com](http://www.feedingworkshops.com)

Additional information about the workshops and participant requirements can be found on the website, or can be obtained by emailing the host [info@feedingworkshops.com](mailto:info@feedingworkshops.com)

# The SOS Approach to Feeding

**Dr Kay A. Toomey, PhD**, is a Pediatric Psychologist who has worked with children who don't eat for 30 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. She also acts as a consultant to Gerber Products. 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 for six years and SOS Feeding Solutions at STAR Institute for eight years. Dr. Toomey is currently the President of Toomey & Associates, Inc., and acts as a Clinical Consultant to the Feeding Clinic at STAR Institute.

**Dr Erin Ross, PhD, CCC-SLP** 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 a Clinical Instructor in the School of Medicine, Department of Pediatrics, at the University of Colorado Denver. Dr. Ross has over 25 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<sup>SM</sup>, 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.

**Lindsay Beckerman, MOT, OTR/L** - 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 @ STAR with Dr. Kay Toomey and Dr. Lucy Jane Miller. Lindsay has also worked as a member of a multidisciplinary team with Autism Spectrum Disorders, SPD, emotional/behavioral disorders and feeding problems at a residential facility. Lindsay has completed the STAR Institute's Level 1, Level 2, and Level 3 Intensive Mentorship Programs and is a certified DIR Floortime Provider. She specializes in feeding difficulties in atypical learners, including children and teens with Autism Spectrum Disorders, ADHD, and multisensory processing difficulties. 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.



**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. Because the SOS Approach is a family centred care program, the family is an integral part of all assessment and treatment.

**Website: [www.feedingworkshops.com](http://www.feedingworkshops.com)**  
**Email Enquiries: [info@feedingworkshops.com](mailto:info@feedingworkshops.com)**

DAY 1:	
7:30am to 10:00am Australian Eastern Daylight Savings Time	<b>I. Introduction</b> A. Prevalence Data—Feeding Problems B. Prevalence Data—Growth Problems C. Complexity of Feeding/ Eating & the Role of the Environment D. Tenets of SOS
10:00am to 10:15am	Break
10:15am to 12:00pm	E. Top 10 Myths—Overview F. Appropriate Diagnoses to Use <b>II. Feeding Theory &amp; Milestones</b> - How children learn to AND not to eat A. Learning Theory 1. <i>Feeding Therapy Options</i> 2. <i>Video</i>
12:00pm to 1:00pm	Lunch
1:00pm to 3:00pm	B. Myth 1 = Breathing C. Motor Skill Acquisition D. Oral Motor Skills Acquisition & Developmental Food Continuum
3:00pm to 3:30 pm	Break
3:30pm to 5:00pm	D. Oral Motor Skills Acquisition & Developmental Food Continuum ( <i>Cont</i> )
DAY 2:	
8:00am to 10:00am	E. Sensory Skill Acquisition F. Understanding the Role of Sensory Processing in Feeding
10:00am to 10:15am	Break
10:15am to 12:00pm	G. Steps to Eating Overview H. Cognitive Development
12:00pm to 1:00pm	Lunch
1:00pm to 3:00pm	I. Psychological Developmental Stages <b>III. Treatment/Interventions</b> A. General Treatment Strategies 1. <i>Social Role Modelling</i> 2. <i>Structure/ Routine</i>
3:00pm to 3:15pm	Break
3:15pm to 5:00pm	3. <i>The Correct Use of Reinforcement</i> 4. <i>Accessing the Cognitive</i> B. Food Jags <b>IV. Assessment of Feeding Problems</b> A. Assessment Process B. Referral Candidates C. Reasons Children Won't Eat D. Child Factors
DAY 3:	
8:00am to 10:00am	E. Environmental Factors F. Parent Factors G. Practice Videos H. Parents' Experience
10:00am to 10:15am	Break
10:15am to 12:00pm	<b>V. The SOS Approach to Feeding – Theoretical Requirements</b> A. Systematic Desensitization B. Cues to Eating C. Language Use
12:00pm to 1:00pm	Lunch
1:00pm to 3:00pm	D. Therapy Format - Child 1. <i>Room Set-Up + Modifications</i> 2. <i>Session Structure &amp; Routine</i>
3:00pm to 3:15pm	Break
3:15pm to 5:00pm	E. Therapy Format – Parent F. Modifications Across Settings G. Sensory Based Problem Solving
DAY 4:	
8:00am to 10:00am	<b>VI. The SOS Approach to Feeding – Therapy Sessions</b> H. Progression Across Sessions I. Graduation Criteria & SOS Data J. Building a Food Hierarchy 1. <i>Requirements</i>
10:00am to 10:15am	Break
10:15am to 12:00pm	2. <i>Practice</i> K. Hierarchy Strategies—Moving Children Up the Steps 1. <i>Play Techniques per Step</i> 2. <i>Practicing Hierarchy Strategies</i>
12:00pm to 1:00pm	Lunch
1:00pm to 3:00pm	L. Hierarchy Strategies—Oral Motor Steps to Eating
3:00pm to 3:15pm	Break
3:15pm to 5:00pm	M. Video: Progression within Session N. SOS Data <b>VIII. Managing Other Maladaptive Behaviors</b> A. Intervention strategies - Perseveration and Vomiting B. Emotion Based Discipline

# SOS TRAINING WORKSHOP 2021 LIVE STREAMED



## OBJECTIVES

1. List the seven areas of human function that need to be examined to provide a comprehensive Feeding Assessment.
2. Identify at least five of the oral, sensory, motor, cognitive or emotional developmental milestones key to being able to eat well.
3. List three reasons why children won't eat, as based on learning theory principles.
4. Differentiate classical and operant conditioning principles as applied to resolving feeding problems.
5. 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.
6. List all three requirements for building a Food Hierarchy.
7. Identify at least one play based strategy for progressing a child up each of the 6 major Steps on the Steps to Eating Hierarchy.

Please note:  
All times listed are in Australian Eastern Daylight Savings time (i.e. New South Wales and Victoria).  
Times will be 1hr earlier for those attending in Queensland.

# The SOS Approach to Feeding 2021 Workshop Live Streamed



## REGISTRATION FEES 2021 LIVE STREAMED WORKSHOP

REGISTRATION	BEFORE 30/11/20	FROM 01/12/20
SOS Main Training Course	\$1250 + GST	\$1350+ GST

**Note: A booking fee, payable directly to the ticketing agent at the time of booking, also applies. See Oztix website for details.**

Registration fees include: a digital copy of workshop handouts and notes and a certificate for health professionals who attend the full workshop.

### TO REGISTER:

1. Go to the website [www.feedingworkshops.com](http://www.feedingworkshops.com)
2. Click on the link to the Oztix registration site

Have the following information available prior to registering online:

#### REGISTRANT DETAILS

(This section is related to the clinician who will be attending the course)

- Name of clinician attending (this is the name that will appear on the certificate of attendance);
- Clinician's profession;
- Clinician's workplace;
- Clinician's email;

#### PAYMENT DETAILS

(This section is related to the person who will be paying for the registration)

- Name on card;
- Credit card number, expiry date, and CCV
- Email address;
- Phone number;
- Workplace;

### DISCLAIMER

Information contained in this brochure is correct at the time of publishing. The organisers reserve the right to change the program, topics, and presenters if necessary.

**Registrations:** There will be no refunds given should registrants be unable to attend part of the workshop or for no-shows.

**Cancellation Policy:** A refund on registration (less \$100 cancellation fee) will be made on cancellations received in writing before 31/12/20. There will be no refunds after this date, although substitute delegates will be welcome.

**Liability Waiver:** The organisers assume no liability for any loss, injury, or other adverse event that may occur while attending the workshop.

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