

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



Dr Kay Toomey from Colorado in the United States is returning to Australia in 2022 to present 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 Susan Kniffen (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 6 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 CONFERENCES

Health professionals who attend the full SOS Main Training Conference 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 Conference and are available online.

HOST



[www.feedingworkshops.com](http://www.feedingworkshops.com)

## 2022 SOS Conference

### SOS Main Training Conference BRISBANE

#### VENUE

**Royal Brisbane and Women's  
Hospital Auditorium**

#### DATES

**9-12 November 2022  
(Wednesday– Saturday)**

#### PLEASE NOTE

**The SOS Main Training Conference  
will be run over 4 full days  
and full attendance is expected  
to receive the Certificate of Completion.**

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

**Go to:**

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



## WHO SHOULD ATTEND

The SOS Conferences 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 course notes and handouts. Additional resources developed by the presenters are available for purchase at the Conference.

## REGISTRATION

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

Additional information including directions to the venues, public transport options, parking, accommodation, and additional information about the Conference can also 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 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.

**Dr. Erin S. 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 30 years of experience working in the NICU within several HealthONE hospitals, and with children when she was at the Toomey & Associates, Inc. Feeding Clinic and at SOS Feeding Solutions @ STAR 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.

**Susan Kniffen, MS, OTR/L** received her Master's degree in Occupational Therapy at Shenandoah University (VA). She spent the first two years of her career working with adults in acute care and rehabilitation settings before transferring to working in pediatric settings in 2005. Since 2006, she has been a feeding specialist in addition to working with children who have orthopedic, neurological, and complex medical needs. She is currently an occupational therapist and feeding specialist in the early intervention program for The Resource Exchange. Previously she provided pediatric outpatient feeding and rehabilitation services through Memorial Hospital, Toomey & Associates Inc., and Children's Hospital Colorado. Educating and empowering parents to be students of their children is her passion.



**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.

| DAY 1 - November 9 <sup>th</sup> , 2022  |   |
|--|---|
| 7:00am to 7:30am                         | Registration  |
| 7:30am to 7:45am                         | Conference Announcements  |
|  | Host Introduction   |
|  | Conference logistics and requirements to pass                                     |
| 7:45am to 9:30am                         | <i>I. Introduction</i>  |
|  | A. Prevalence Data – Growth Problems  |
|  | B. Prevalence Data – Feeding Problems   |
|  | C. Complexity of Feeding/Eating & the Role of the Environment                     |
|  | D. Tenets of SOS  |
| 9:30am to 10:00am                        | Break   |
| 10:00am to 12:00pm                       | D. Top 10 Myths - Overview  |
|  | E. Appropriate Diagnoses to Use   |
|  | <i>II. Feeding Theory &amp; Milestones</i> - How children learn to AND not to eat |
|  | A. Learning Theory  |
|  | 1. Feeding Therapy Options  |
| 12:00pm to 1:00pm                        | Lunch - <i>On Your Own</i>  |
| 1:00pm to 3:00pm                         | A. Learning Theory ( <i>continued</i> )   |
|  | 2. Video  |
|  | B. Myth 1 = Breathing   |
|  | C. Motor Skill Acquisition  |
| DAY 2 - November 10 <sup>th</sup> , 2022 |   |
| 7:30am to 9:30am                         | <i>II. Feeding Theory &amp; Milestones</i> - continued                            |
|  | D. Oral-Motor Skills & Developmental Food Continuum                               |
| 9:30am to 9:50am                         | Break   |
| 9:50am to 12:00pm                        | <i>II. Feeding Theory &amp; Milestones</i> – continued                            |
|  | D. Oral-Motor Skills & Developmental Food Continuum ( <i>continued</i> )          |
|  | E. Sensory Skill Acquisition  |
| 12:00pm to 12:45pm                       | Lunch   |
| 12:45pm to 2:45pm                        | <i>II. Feeding Theory &amp; Milestones</i> – continued                            |
|  | F. Understanding the Role of Sensory Processing In Feeding                        |
|  | G. Steps to Eating - Overview   |
|  | H. Cognitive Development  |
| 2:45pm to 3:05pm                         | Break   |
| 3:05pm to 5:00pm                         | <i>II. Feeding Theory &amp; Milestones</i> – continued                            |
|  | I. Psychological Developmental Stages   |
|  | <i>III. Treatment/Interventions</i>   |
|  | A. General Treatment Strategies   |
|  | 1. Social Role Modeling   |

# SOS MAIN TRAINING CONFERENCE 2022



## SOS MAIN TRAINING CONFERENCE 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.

# SOS MAIN TRAINING CONFERENCE

## 2022

### DAY 3—November 11<sup>th</sup>, 2022

|                    |  |
|--------------------|--|
| 7:30am to 9:30am   | III. Treatment/Interventions – continued                       |
|                    | A. General Treatment Strategies ( <i>continued</i> )           |
|                    | 2. Structure/Routine   |
|                    | 3. The Correct Use of Reinforcement                            |
|                    | 4. Accessing the Cognitive                                     |
|                    | B. Food Jags   |
|                    | IV. Assessment of Feeding Problems                             |
|                    | A. Assessment Process  |
|                    | B. Referral Candidates   |
| 9:30am to 9:50am   | Break  |
| 9:50am to 12:00pm  | IV. Assessment of Feeding Problems – continued                 |
|                    | C. Reasons Children Won't Eat                                  |
|                    | D. Child Factors   |
|                    | E. Environmental Factors                                       |
|                    | F. Parent Factors  |
|                    | G. Practice Video 1  |
|                    | H. Practice Video 2  |
|                    | I. Parents' Experience   |
| 12:00pm to 12:45pm | Lunch  |
| 12:45pm to 2:45pm  | V. The SOS Approach to Feeding – Theoretical Requirements      |
|                    | A. Systematic Desensitization                                  |
|                    | B. Cues to Eating  |
|                    | C. Language Use  |
|                    | VI. The SOS Approach to Feeding – Therapy Sessions - continued |
|                    | D. Therapy Format – Child                                      |
|                    | 1. Room Set-Up + Modifications                                 |
| 2:45pm to 3:05pm   | Break  |
| 3:05pm to 5:00pm   | VI. The SOS Approach to Feeding – Therapy Sessions - continued |
|                    | D. Therapy Format – Child                                      |
|                    | 1. Room Set-Up + Modifications ( <i>continued</i> )            |
|                    | 2. Session Structure & Routine                                 |
|                    | E. Therapy Format – Parent                                     |
|                    | F. Modifications Across Setting                                |
|                    | G. Sensory Based Problem Solving                               |

### DAY 4—November 12<sup>th</sup>, 2022:

|                    |   |
|--------------------|---|
| 7:30am to 9:30am   | VI. The SOS Approach to Feeding – Therapy Sessions - continued              |
|                    | H. Progression Across Sessions  |
|                    | I. Graduation Criteria & SOS Data   |
|                    | J. Building a Food Hierarchy  |
|                    | 1. Requirements   |
|                    | 2. Practice   |
| 9:30am to 9:50am   | Break   |
| 9:50am to 12:00pm  | VI. The SOS Approach to Feeding – Therapy Sessions - continued              |
|                    | J. Building a Food Hierarchy ( <i>continued</i> )                           |
|                    | 2. Practice ( <i>continued</i> )  |
|                    | K. Hierarchy Strategies – Moving Children Up the Steps                      |
|                    | 1. Play techniques per Step   |
|                    | 2. Practicing hierarchy strategies  |
| 12:45pm to 12:45pm | Lunch   |
| 12:45pm to 2:45pm  | VI. The SOS Approach to Feeding – Therapy Sessions - continued              |
|                    | K. Hierarchy Strategies – Moving Children Up the Steps ( <i>continued</i> ) |
|                    | 2. Practicing hierarchy strategies ( <i>continued</i> )                     |
|                    | L. Hierarchy Strategies – Oral Motor Steps to Eating                        |
| 2:45pm to 3:05pm   | Break   |
| 3:05pm to 5:00pm   | VI. The SOS Approach to Feeding – Therapy Sessions - continued              |
|                    | M. Video: Progression Within Session  |
|                    | N. SOS Data   |
|                    | VII. Managing Other Maladaptive Behaviors                                   |
|                    | Intervention strategies – Perseveration & Vomiting                          |
|                    | B. Emotion Based Discipline   |

#### PLEASE NOTE:

This Conference has a 100% Attendance requirement. Registrants are expected to attend the course and participate fully for the entire length of each day (7:30am to 3pm on Day 1 and 7:30am to 5pm on Days 2 through 4), including staying at the course on the last day until 5pm in order to receive their Certificate and their full CEU credits. 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.



# The SOS Approach to Feeding 2022 Conference



## 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 Conference or for no-shows.

**Cancellation Policy:** A refund on registration (less \$90 cancellation fee) will be made on cancellations received in writing before 07/10/2022. 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 Conference or travelling to or from the Conference.

**Pandemic Restrictions:** This Conference is planned to be an in-person event. Government safety guidelines will be followed. If circumstances do not allow an in-person event, a virtual event will be offered. In such circumstances, those who are registered will be given the option of attending the virtual Conference or having their registration refunded. The host and speakers take no responsibility for any other costs incurred by registrants.

## REGISTRATION FEES 2022 CONFERENCE

| REGISTRATION                 | PRICE EX GST | PRICE INC GST |
|------------------------------|--------------|---------------|
| SOS Main Training Conference | \$1500       | \$1650        |

**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: Conference handouts and notes and a certificate for health professionals who attend the full Conference. Morning and afternoon tea and a light lunch (finger food) will be provided. Vegetarian and non-vegetarian options will be available. Participants are welcome to bring their own snacks and/or meals, and those with special dietary requirements are encouraged to do so.

### 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 personal email;
- Clinician's Personal Mobile phone number;

#### 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
- Work Email address;
- Work Phone number;
- Workplace;

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