

# When Children Won't Eat: Picky Eaters versus Problem Feeders

Assessment and Treatment using the SOS Approach to Feeding



## PRESENTERS :

Kay A. Toomey, PhD

Erin S. Ross, PhD, CCC-SLP

**DATE** : 15 – 18 February 2020

**TIME** : 8am – 5pm

**VENUE** : Singapore, address to  
be confirmed

## FEES:

SGD 1780 - Early Bird fee MASH member (by 31 July 2019, date inclusive)

SGD 1980 - Early Bird fee non MASH member (by 31 July 2019, date inclusive)

SGD 2280 - Regular fee (from 1 August 2019 onwards, date inclusive)

Please register to view the cancellation policy and the modes of payment available.

## REGISTRATION :

To confirm registration for the workshop, please register at <http://tinyurl.com/sosregform>

For queries, email us at [info@magicbeans.sg](mailto:info@magicbeans.sg) or contact us at +65 87773171.

Registration will only be confirmed after completion of the registration form online and when full payment has been received. Your place at the workshop will not be reserved otherwise. You will receive a confirmation email to confirm registration.



# COURSE DESCRIPTION

The Sequential Oral Sensory (S.O.S) Approach to Feeding workshop is a trans-disciplinary program for assessing and treating children with feeding difficulties and weight/growth problems from birth to 18 years. It integrates posture, sensory, motor, behavioral/learning, medical, and nutritional factors to comprehensively evaluate and manage children with feeding/growth problems.

The 4-day Basic Conference is designed for babies, toddlers and small children. Other ages and special populations are covered in the Advanced Workshops.

## BASIC COURSE OBJECTIVES:

Participants attending will be able to:

- 1 Identify oral, sensory, motor, cognitive and emotional developmental milestones key to feeding.
- 2 Recognize and describe the major reasons why children won't eat, as based on learning theory principles.
- 3 Identify physical, behavioral, motor, oral-motor, and sensory factors as a part of a Feeding Assessment.
- 4 Apply behavioral and social learning principles, and systematic desensitization to feeding problems.
- 5 Create and implement a S.O.S feeding program for babies, toddlers and young children, in group and individual treatment formats.

## SUITABLE FOR:

*Speech Therapists, Occupational Therapists, Special Educators, Early Intervention Specialists, Nurses, Psychologists, Physicians, Dietitians, Mental Health Workers, other Child Care Providers and Educators.*

Training conferences are created for professionals. If parents wish to attend the training workshop, they must be accompanied by the child's therapist.

# SPEAKERS' PROFILE



**DR. KAY A. TOOMEY**

Dr. Kay A. Toomey is a Pediatric Psychologist who has worked with children who don't eat for almost 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.

- Paid Consultant for Nestle Infant Nutrition (Gerber division)
- Unpaid Medical Professional Council Member for Feeding Matters, (formerly P.O.P.S.I.C.L.E.)
- Paid Speaker for Education Resources, Inc.
- Paid Speaker for STAR Institute for Sensory Processing Disorder



**DR. ERIN S. ROSS**

Dr. Erin Sundseth 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 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.

- Paid Consultant for Nestle Infant Nutrition (Gerber division)
- Unpaid Medical Professional Council Member for Feeding Matters, (formerly P.O.P.S.I.C.L.E.)
- Intellectual Property Owner, SOFFI Method<sup>SM</sup>
- Paid Speaker for Education Resources, Inc.
- Paid Speaker for STAR Institute for Sensory Processing Disorder

# PROGRAM

## 4 DAY – CONFERENCE COURSE AGENDA

### DAY 1

- 7:30am to 8:00am **Registration**
- 8:00am to 10:00am **I. Introduction**  
A. Prevalence  
B. What do we know from the Research?  
C. Tenets of SOS
- 10:00am to 10:15am **Break**
- 10:15am to 12:00pm **D. Top 10 Myths**
- II. Feeding Theory – How children learn to and not to eat**  
A. Learning Theory  
1. Application to Feeding  
2. Feeding Therapy options
- 12:00pm to 1:00pm **Lunch**
- 1:00pm to 3:00pm **A. Learning Theory**  
3. Feeding Video
- III. Feeding Skills**  
A. Myth 1 = Breathing  
B. Motor milestones
- 3:00pm to 3:15 pm **Break**
- 3:15pm to 5:00pm **C. Oral-Motor milestones**  
D. Neurosensory

### DAY 2

- 8:00am to 10:00am **III. Feeding Skills – continued**  
E. Steps to Eating  
F. Developmental Food Continuum
- 10:00am to 10:15am **Break**
- 10:15am to 12:00pm **F. Developmental Food Continuum – continued**  
G. Cognitive Development
- 12:00pm to 1:00pm **Lunch**
- 1:00pm to 3:00pm **III. Feeding Skills – continued**  
H. Psychological Developmental Stages
- IV. General Treatment/Interventions**  
A. Strategies for Family Meals
- 3:00pm to 3:15pm **Break**
- 3:15pm to 5:00pm **A. Strategies for Family Meals – continued**  
B. Preventing Food Jags
- V. Assessment of Feeding Problems**  
A. Assessment Process  
B. Referral Candidates  
C. Reasons Children Won't Eat



# PROGRAM

## 4 DAY – CONFERENCE COURSE AGENDA

### DAY 3

- 8:00am to 10:00am **V. Assessment of Feeding Problems – continued**  
D. Child Factors  
E. Environmental Factors  
F. Parent Factors  
G. Practice Videos
- 10:00am to 10:15am **Break**
- 10:15am to 12:00pm **VI. The SOS Approach to Feeding – Therapy Sessions**  
A. Systematic Desensitization  
B. Cues to Eating
- 12:00pm to 1:00pm **Lunch**
- 1:00pm to 3:00pm  
C. Language Use  
D. Therapy Format - Child  
E. Therapy Format – Parent
- 3:00pm to 3:15pm **Break**
- 3:15pm to 5:00pm  
F. SOS Data  
G. Building a Food Hierarchy – using food as your therapy tools

### DAY 4

- 8:00am to 10:00am **VI. The SOS Approach to Feeding – Therapy Sessions – continued**  
G. Building a Food Hierarchy – continued  
H. Hierarchy Strategies
- 10:00am to 10:15am **Break**
- 10:15am to 12:00pm **H. Hierarchy Strategies – continued**
- 12:00pm to 1:00pm **Lunch**
- 1:00pm to 3:00pm  
I. Video Practice: Progression Within Session  
J. SOS Data
- 3:00pm to 3:15pm **Break**
- 3:15pm to 5:00pm **VII. Managing Maladaptive Behaviors**  
A. Overview  
B. Preventing “problem” behaviors  
C. Intervention strategies - basic  
D. Emotion Based Discipline
- VIII. The SOS Approach to Feeding – Audience Practice**  
A. Video Practice: Progression Across Sessions

**\*\* Participants are expected to attend the course for the entire length of each day (8:00 am to 5:00 pm, Days 1–4) in order to receive their Certificate of Attendance and their full 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. Please make all travel arrangements to ensure you do not arrive late or need to leave early on any day.**