



When Children Won't Eat: Picky Eaters vs. Problem Feeders

Assessment and Treatment Using the SOS Approach to Feeding (Sequential Oral Sensory)

Presenters:

Dr. Kay Toomey
Deborah Lagerborg, CCC-SLP
Susan Kniffen, MS, OTR/L

**July 8-11, 2021
(Thurs-Sun)**

8:00 am – 5:00 pm EST*

**7:30 am start on Day 1*

Location: Live-Online via Zoom

Sponsored by:

Kidz Conference Services

1400 Old Country Road, Ste. C-103,
Westbury, NY 11590

516-806-6969 x4181 (Tesa)

www.FamilyOfKidz.com

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 Main Training Conference is designed for babies, toddlers, and small children. This includes “problem feeders” who may have mild to moderate neurological impairments and/or medical disorders, children with Autism Spectrum disorders, children with motor, oral-motor and/or sensory dysfunction, as well as the “picky eater”. Other ages and special populations are covered in the Advanced Workshops.

Target Audience

- Speech Pathologists
- Psychologists
- Special Educators
- Occupational Therapists
- Social Workers
- EI Specialists
- Nurses
- Physicians
- Dieticians
- Mental Health Workers
- Other Child Care Providers & Educators

This virtual 4-day conference is limited to the first 165 registrants

Instructional Level: Introductory

Instructional Methods: Lecture, Videos, Practice, Q&A

Learner Objectives

Upon completion of this course, participants will be able to:

- 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.

Course Requirements: To receive Certificates of Attendance and CEUs, participants must attend for the entire session for all four days, pass SOS tests, and submit a completed Evaluation Form with self-assessment of the Learning Objectives.

Registration & Refund Policy: Register: <https://www.kidztherapy.com/conferences-and-training> Fee: **\$750**

Space is limited to 165 participants; registration will close when full, or on June 15, whichever is earlier. **Refund Policy:** A handling fee of \$75 will be deducted for all cancellations. Refund requests must be received by mail/e-mail no later than 21 days prior to the session. **No refunds will be issued if requested after that date.** Kidz Conference Services reserves the right to cancel due to insufficient registrations or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled. Full refunds will be given if the conference is cancelled by KCS due to weather or other unforeseen circumstances. **Special accommodations:** Should you require reasonable accommodations; a request must be received *no later than four weeks prior to the session* via email to: KidzConferenceServices@FamilyOfKidz.com

For Information: 516-806-6969 x4181 Tesa

CEU / CPD Information



Kidz Conference Services, LLC is approved by the National Association of School Psychologists to offer continuing education for school psychologists. **30 NASP CPDs**



Kidz Conference Services, LLC is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. *3.0 AOTA CEUs*
AOTA Classification Codes: OT Process-Intervention & Domain of OT-Areas of Occupation



Kidz Conference Services
Intermediate Level
3 ASHA CEUs

ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures.

Kidz Conference Services, LLC SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0147. **30 NYSED SBSW Contact Hrs**

Kidz Conference Services, LLC is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education (CTLE), #23368. **30 hrs.**

Kidz Conference Services, LLC SW CPE is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #0040. **30 NYSED PsychBd Contact Hrs**

Agenda Day 1 - July 8, 2021
7:30 am - 5:00 pm (EST)

Agenda Day 2 - July 9, 2021
8:00 am - 5:00 pm (EST)

Agenda Day 3 - July 10, 2021
8:00 am - 5:00 pm (EST)

Agenda Day 4 - July 11, 2021
8:00 am - 5:00 pm (EST)



7:30 Announcements regarding requirements & conference structure, conference structure, CE's, other administrative details, ZOOM introduction and test of your interactive capabilities.

8:00 I. Introduction
A. Prevalence Data - Feeding Problems
B. Prevalence Data - Growth Problems
C. Complexity of Feeding/Eating & the Role of the Environment

10:00 BREAK
10:15 D. Tenets of SOS
E. Top 10 Myths - Overview
F. Appropriate Diagnoses to Use

II. Feeding Theory & Milestones - How children learn to AND not to eat
A. Learning Theory
1. Feeding Therapy Options

12:00 SOS TEST QUESTIONS - On Your Own
12:15 LUNCH - On Your Own

1:00 II. Feeding Theory & Milestones (cont'd)
2. Learning Video
B. Myth 1 = Breathing
C. Motor Skill Acquisition

3:00 BREAK
3:15 D. Oral-Motor Skills & Developmental Food Continuum

5:00 SOS TEST QUESTIONS - On Your Own

8:00 II. Feeding Theory & Milestones (cont'd)
E. Sensory Skill Acquisition
F. Understanding the Role of Sensory Processing In Feeding

10:00 BREAK
10:15 II. Feeding Theory & Milestones (cont'd)
G. Steps to Eating - Overview
H. Cognitive Development

12:00 SOS TEST QUESTIONS - On Your Own
12:15 LUNCH - On Your Own

1:00 II. Feeding Theory & Milestones (cont'd)
I. Psychological Developmental Stages
III. Treatment/Interventions
A. General Treatment Strategies
1. Social Role Modeling
2. Structure/Routine

3:00 BREAK
3:15 III. Treatment/Interventions (cont'd)
A. General Treatment Strategies (cont'd)
3. The Correct Use of Reinforcement
4. Accessing the Cognitive

IV. Assessment of Feeding Problems
A. Assessment Process
B. Referral Candidates
C. Reasons Children Won't Eat
D. Child Factors

5:00 SOS TEST QUESTIONS - On Your Own

8:00 IV. Assessment of Feeding Problems (cont'd)
E. Environmental Factors
F. Parent Factors
G. Practice Videos
H. Parents' Experience

10:00 BREAK
10:15 V. The SOS Approach to Feeding – Theoretical Requirements
A. Systematic Desensitization
B. Cues to Eating
C. Language Use

12:00 SOS TEST QUESTIONS - On Your Own
12:15 LUNCH - On Your Own

1:00 VI. The SOS Approach to Feeding – Therapy Sessions
A. Therapy Format - Child
1. Room Set-Up + Modifications
2. Session Structure & Routine

3:00 BREAK
3:15 VI. The SOS Approach to Feeding – Therapy Sessions (cont'd)
B. Therapy Format – Parent
C. Modifications Across Settings
D. Sensory Based Problem Solving

5:00 SOS TEST QUESTIONS - On Your Own

8:00 VI. The SOS Approach to Feeding – Therapy Sessions (cont'd)
E. Progression Across Sessions
F. Graduation Criteria & SOS Data
G. Building a Food Hierarchy
1. Requirements

10:00 BREAK
10:15 VI. The SOS Approach to Feeding – Therapy Sessions (cont'd)
H. Building a Food Hierarchy (cont'd)
2. Practice

I. Hierarchy Strategies – Moving Children Up the Steps
1. Play techniques per Step
2. Practicing hierarchy strategies

12:00 SOS TEST QUESTIONS - On Your Own
12:15 LUNCH - On Your Own

1:00 VI. The SOS Approach to Feeding – Therapy Sessions (cont'd)
J. Hierarchy Strategies – Moving Children Up the Steps (cont'd)
K. Hierarchy Strategies – Oral Motor Steps to Eating

3:00 BREAK
3:15 VI. The SOS Approach to Feeding – Therapy Sessions (cont'd)
L. Video: Progression Within Session
M. SOS Data

VII. Managing Other Maladaptive Behaviors
A. Intervention strategies – Perseveration & Vomiting
B. Emotion Based Discipline

5:00 SOS TEST QUESTIONS - On Your Own

Times for each day - check in 30 minutes earlier on Day 1 is required
8:00am-5:00pm EST • 7:00 am-4:00 pm CST • 6:00 am-3:00pm MST

Biographical Information

Dr. Kay 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.

Deborah Lagerborg, CCC-SLP received her Masters in Speech Language Pathology from the University of Northern Colorado in Greeley. During her graduate studies, she focused on feeding disorders and dysphagia in infants and children. Deborah currently works as a Pediatric Feeding Specialist and Speech Pathologist for Developmental Disabilities Resource Center. Prior to this position, Deborah worked at a Pediatric Feeding Specialist at SOS Feeding Solutions at STAR Institute. Deborah began her career in a pediatric outpatient hospital setting, working primarily with infants and children with feeding disorders. She also spent time working in the NICU as part of a multidisciplinary team, supporting premature infant development and early feeding experiences. Deborah's passion is to work with the families, empowering parents to support their own child's development and success.

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.

Disclosure Information

Financial – All speakers are receiving a fee for presenting this workshop. In addition, Dr. Toomey is the owner of Toomey & Associates, Inc. and the SOS Approach to Feeding program.

Non-Financial – Dr. Toomey is a Founding Medical Professional Council Member with Feeding Matters - PFD Alliance Committee Member (unpaid). The other speakers have no non-financial interests.

Participant Certifications

Participants must read and agree to the SOS Conference Terms and Conditions on the Kidz Conference Services (KCS) website to attend this conference. The requirements listed on the website are also indicated below.



Participation & Technical Requirement Agreement

Participants are expected to comply with all Participant and Technical Requirements. These can be found on the pages that follow.
(Participant Learning and CE Guidelines and Requirements)

When you agree to the Terms and Conditions, you are stating that:
I have READ and AGREE to all of the SOS Participation and Technical Requirements.

Hardwiring Technical Requirement Agreement (No WiFi please)

To attend this conference, it is REQUIRED that you MUST have your computer hardwired directly into an Internet connection via an Ethernet cord. WiFi connections to the internet are not sufficient and will not provide you with enough clarity to view videos and Speaker demonstrations.

When you agree to the Terms and Conditions, you are stating that:
I agree to hardwire onto the internet via an Ethernet cord.

Time Zone Requirements

Attendees must be physically located within the following time zone requirements: no more than 6 hours ahead NOR no more than 2 hours earlier than the Conference Time Zone.

When you agree to the Terms and Conditions, you are stating that:
I am within the required Conference Time Zone.

Release of Information on Participants to SOS

The contact information for all registrants will be provided with SOS personnel for their records. This information will be used for SOS to provide information to the attendees regarding final arrangements including food items needed for the session, a file of training materials to be duplicated, and other documents in preparation for and following the conference. (A We Transfer link for you to download and print the training materials)

When you agree to the Terms and Conditions, you are stating that:
I agree to have my contact information shared with the SOS staff.

Attendance Policy

Participants are expected to attend the course for the entire length of each day (7:30 am to 5 pm, Day 1 and 8 am to 5 pm Days 2-4) to receive their SOS Certificate of Attendance and their full continuing education credits. Leaving early or missing time during the conference results in missing crucial information needed to correctly use the SOS Approach to Feeding program. Please make arrangements to ensure that you do not arrive late or leave the conference early.

When you agree to the Terms and Conditions, you are stating that:
I agree to the SOS Attendance Policy.

Refund Policy

A handling fee of \$75 will be deducted for all cancellations. Refund requests must be received by mail/e-mail no later than 21 days prior to the session. No refunds will be issued if requested after that date. Kidz Conference Services reserves the right to cancel due to insufficient registrations or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled. Full refunds will be given if the conference is cancelled due to weather or other unforeseen circumstances.

When you agree to the Terms and Conditions, you are stating that:
I have read and agree to the refund policy.

COTA, OTA, SLPA, Speech Assistant and Student Requirements

You must notify Kidz Conference Services (KCS) **PRIOR** to registering to be provided with the supervision requirements for registering and attending the session and for during treatment sessions. Email KidzConferenceServices@FamilyOfKidz.com for this information.

When you agree to the Terms and Conditions, you are stating that:
I have read the Participant Certifications and am not a COTA, OTA, SLPA, Speech Assistant, Student OR if I am one of these disciplines, I have contacted KCS and have provided them with verification that I meet the supervision requirements.



Participant Learning and CE Guidelines and Requirements 2021

Conference Expectations & Instructions for Continuing Education and SOS Certificate of Attendance

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As we adapt the live-taught SOS Approach to Feeding Conference to an on-line streaming format secondary to the Coronavirus pandemic, we have created these Guidelines and Instructions to ensure that participants meet all the learning outcomes necessary to begin correctly using and safely practicing the SOS Approach to Feeding program.

Technical Requirements

- A computer is the preferred device for participating in this on-line Conference. Taking the conference on a phone is not permitted. A tablet might be allowable if the other requirements below can be met with that tablet.
- **You MUST be able to hard-wire your computer directly into the Internet connection via and Ethernet cord.** WiFi connections to the internet are not sufficient and will not provide you with enough clarity to view videos and Speaker demonstrations. In addition, WiFi connections cause many technical problems resulting in too much time lost from the conference.
- A working Webcam on your computer is required (most laptops have the camera embedded).
- Headphones/Earbuds to listen to the conference from your device are suggested to provide you with the clearest signal and the least amount of background noise and static interference.

On Day 1, all Conference Participants will be required to sign onto Zoom by 7:30am of the DESIGNATED CONFERENCE TIME ZONE to listen to important Announcements regarding the administration of the Conference and how to meet your attendance requirements. In addition, this time will allow you to resolve any technical issues you may be having PRIOR to the start of the Conference.

In order to keep the SOS Approach to Feeding online conference on schedule, please log into the Zoom platform at least 10 minutes prior to the start of each of the other Conference days. This will allow our staff to resolve any technical issues you may encounter while keeping the conference on schedule.

Conference Guidelines and Expectations

In order to comply with Professional Continuing Education Credit and SOS Approach to Feeding attendance requirements, the following methods will be used to verify that participants are learning the materials and actively participating throughout the entire the SOS Approach to Feeding Online Conference.

- **Conference participants are required to sign into Zoom each day.**
 - The login process will mirror the typical sign-in/sign-out requirements which are set forth by Professional Associations (ASHA, AOTA, CDR, etc.) and used in the SOS Approach to Feeding's in-person conferences.
 - This information will be tracked and provided to each appropriate Professional Association to meet continuing education credit standards.
 - If the participant has not logged in, an SOS Conference Administrator will contact the participant to identify, and problem solve any potential technical issues interfering with login.
 - **If you are encountering any technical issues, we have support staff available to assist you. Please contact us at info@sosapproach.com or by calling or texting (720) 672-1143, and we will reply as soon as possible**
 - If the participant has not logged in and the issue is determined to be something other than a technical issue, an SOS Conference Administrator will work with the participant to determine a plan for resolving the issue.
 - Participants are REQUIRED to arrive on-time for each day of the Conference and to attend the Conference in its entirety.

- **Conference participants will be expected to answer 7-10 Test Questions twice each day** to demonstrate understanding of materials presented.
 - Schedule of test questions
 - Beginning of Lunch (12:00-12:15pm)
 - End of the day (5:00-5:15pm).
 - Participants will receive Test Questions via Survey Monkey. Participants are expected to submit their answers prior to taking their scheduled break or leaving for the end of the day. Answers will be reviewed and scored by SOS Approach to Feeding Conference Administrators.
 - Participants who do not answer the questions for each section will be contacted by an SOS Approach to Feeding Conference Administrator to problem solve any difficulties on the participant's part in answering the questions.
 - To receive a Certificate of Completion (via email), participants must answer 80% of the Test Questions correctly. If a participant does not pass, they will be contacted by an SOS Approach to Feeding Conference Administrator to identify next steps.
- **Participants will be expected to engage in Teaching Exercises as demonstrated and taught in the conference.**
 - The Postural Stability Exercise will require you sit in a typical office/kitchen chair.
 - The Breathing Exercise will require you observe one of the SOS Professors, as well as engage in a short, shallow breathing exercise yourself.
 - The Developmental Food Continuum/Oral-Motor Exercises will require you to follow an SOS Professor in practicing with and eating various foods.
 - **THE FOOD REQUIREMENT LIST WILL BE SENT TO YOU IN A SEPARATE CONFERENCE EMAIL (In the Welcome Email)**
 - The Food Hierarchy Exercise will require that you create and submit a Food Hierarchy to the SOS Professors
 - The Steps to Eating Hierarchy Exercises will require you to play with food.
- **Conference participants will be expected to submit Comments via the Zoom Chat Box in response to questions asked of them by the Speaker at least twice and up to four times daily. These Comments will include your reactions to the Teaching Exercises.**
 - If participants do not submit a comment when prompted, an SOS Approach to Feeding Conference Administrator will contact the participant to problem solve any difficulties on the participant's part in providing their comments.
- **Participants will be required to have their computer camera on throughout the online conference to help verify attendance and participation in the Teaching Exercises.**
 - We certainly understand that you may need to step away from the conference for a moment. However, please be aware that you will be missing important Conference materials if you are away from your computer and the Conference for more than a few minutes at a time. Therefore, we strongly encourage you to wait until the scheduled breaks if possible.
- **Participants must provide a contact number and preferred email address to the SOS Conference Administrators in case a Conference Administrator needs to contact you.**

Please note, due to the extra time required for the participant comments and on-line format during this Conference, the SOS Approach to Feeding Online Conference is extended to a full 4 days – Thursday, Friday, Saturday, and Sunday - 8:00 am – 5:00 pm. EST.

** Participants are expected to attend the Conference for the entire length of each day (7:30am – 5pm Day 1 and then 8am to 5pm Days 2-4), in order to receive their Certificate of Attendance and Continuing Education 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 Conference early and/or if they step away from their computer for any extended length of time.