



## 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  
Bethany CF Kortsha, MA, OTR/L

**Jul 29 - Aug.1, 2020 (Wed-Sat)**  
*This is a 3.75 day conference*  
8:00-5:00 Wed-Fri, 8:00-3:15 Sat

#### Location:

#### **LIU Post**

Humanities Hall (Rm119)  
720 Northern Blvd., Brookville, N.Y.

#### Sponsored by:

#### **Kidz Conference Services**

1400 Old Country Road, Ste. C-103,  
Westbury, NY 11590  
516-806-6969 x4181 (Tesa)

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

Teri Chase, Conference Coordinator

## 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 3.75-day Basic 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.

## 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.

## 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 training conference is designed for professionals. If parents wish to attend the training workshop, they must be accompanied by the child's therapist.

**CEU / CPD hours available**

**Instructional Level: Introductory**

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

**\*\* Participants are expected to attend the course for the entire length of each day (8:00 am - 5:00 pm, Days 1-3, and 8:00 am - 3:15 pm on the last day) in order to receive their Certificate of Attendance 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. Please make all travel arrangements to ensure you do not arrive late or need to leave early on any day.**

## Agenda Day 1 – July 29, 2020

### ***LIU Post-Humanities Hall (Rm 119)***

**7:30 Registration**

**8:00 Introduction**

- A. Prevalence
- B. What do we know from the Research?
- C. Tenets of SOS

**10:00 Break**

**10:15 Top Ten Myths**

- A. Learning Theory
  - 1. Feeding Therapy Options
  - 2. Video

**12:00 Lunch – On Your Own**

- 1:00** B. Myth 1 = Breathing
- C. Motor Skill Acquisition
- D. Oral-Motor Skill Acquisition

**3:00 Break**

**3:15** D. Oral-Motor Skill Acquisition - *continued*

- E. Neurosensory Acquisition
- F. Steps to Eating

**5:00 End of Session for Day 1**

## Agenda Day 2 – July 30, 2020

### ***LIU Post-Humanities Hall (Rm 119)***

**7:30 Sign-In**

**8:00 II. Feeding Theory - *continued***

- G. Developmental Food Continuum
- H. Cognitive Development

**10:00 Break**

**10:15 II. Feeding Theory - *continued***

- I. Psychological Developmental Stages

**III. Treatment/Interventions**

- A. General Strategies

**12:00 Lunch - On Your Own**

**1:00 III. Treatment/Interventions - *continued***

- A. General Strategies - *continued*
- B. Food Jags

**3:00 Break**

**3:15 IV. Assessment of Feeding Problems-  
*continued***

- A. Assessment Process
- B. Referral Candidates
- C. Reasons Children Won't Eat
- D. Child Factors
- E. Environmental Factors
- F. Parent Factors
- G. Practice Video 1

**5:00 End of Session for Day 2**

**Agenda Day 3 – July 31, 2020**  
**LIU Post-Humanities Hall (Rm 119)**

- 7:30 Sign-In**  
**8:00 IV. Assessment of Feeding Problems - continued**  
 H. Practice Videos  
 I. Parents' Experience  
**10:00 Break**  
**10:15 V. The SOS Approach to Feeding – Therapy Sessions - continued**  
 A. Systematic Desensitization  
 B. Cues to Eating  
 C. Language Use  
**12:00 Lunch – On Your Own**  
**1:00 V. The SOS Approach to Feeding - continued**  
 D. Therapy Format - Child  
 E. Therapy Format – Parent  
 F. SOS Data  
 G. Building a Food Hierarchy  
**3:00 Break**  
**3:15 V. The SOS Approach to Feeding - continued**  
 H. Practice Building a Food Hierarchy  
**5:00 End of Session for Day 3**

**Agenda Day 4 – August 1, 2020**  
**LIU Post-Humanities Hall (Rm 119)**

- 7:30 Sign-In**  
**8:00 V. The SOS Approach to Feeding - continued**  
 I. Hierarchy Strategies – Moving Children Up the Steps  
**10:00 Break**  
**10:15** J. Practicing Hierarchy Strategies  
 K. Video Practice: Progression Within Session  
 L. SOS Data  
**12:00 Lunch – On Your Own**  
**1:00 VI. Managing Maladaptive Behaviors**  
 A. Overview  
 B. Preventing “problem” behaviors  
 C. Intervention strategies - basic  
 D. Emotion Based Discipline  
**VII. The SOS Approach to Feeding - Video Practice: Progression Across Sessions**  
**3:15 End of Session for Day 4**

**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.

**Bethany CF Kortsha, MA, OTR/L** received her Masters of Arts degree in Occupational Therapy from The College of Saint Catherine in St. Paul, Minnesota. She completed her Master's thesis on Autism and feeding challenges using the SOS Approach to Feeding. Bethany has worked as a Pediatric Feeding Specialist and the Assistant Director of SOS Feeding Solutions at the STAR Institute for Sensory Processing Disorder with Dr. Lucy Jane Miller and as a member on a Multidisciplinary team in a day treatment clinic for children with Autism Spectrum Disorders, SPD, emotional/behavioral disorders, and feeding problems. Bethany is currently the Director of Clinical Development for Toomey & Associates, Inc. In addition to her specialty in Feeding, Bethany has completed the STAR Institute's Intensive Mentorship Program and is a certified DIR Floortime Provider.

**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. She is a paid Consultant for Nestec, a division of Nestle (Gerber Child Advocate/Developmental Panel member).

**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.

**REGISTRATION - SOS**



**Online:** [www.kidztherapy.com](http://www.kidztherapy.com) with credit card  
**Fax:** By credit card 516-806-6950  
**Mail:** By check/credit card: Kidz Conference Services, 1400 Old Country Road, Ste. C-103, Westbury, NY 11590

**Print clearly**

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 Phone (cell) \_\_\_\_\_ Alternate # \_\_\_\_\_  
 E-mail \_\_\_\_\_

Discipline:  Speech  OT  Psychologist  Other \_\_\_\_\_

**INITIAL:** \_\_\_\_\_ My contact information may be released to Toomey & Associates for the purpose of documenting and verifying attendees who have fully completed the Basic SOS Training Course.

**Please check one (includes continental breakfast)**

- Early Bird** Registration by Jan.15 - \$759  
 **Standard** Registration - \$799  
 **Group rate 4+ (submitted together)** - \$50 discount PP  
 **Group rate 8+ (submitted together)** - \$60 discount PP  
**(must register entire group by phone 516-806-6969 x4181)**

To pay by credit card: \_\_\_ Visa \_\_\_ MasterCard \_\_\_ AmEx

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**Refund Policy:** A handling fee of \$60 will be deducted for all cancellations. Refund requests must be received by mail/e-mail **no later than July 15, 2020. No refunds will be issued if requested after July 15, 2020.** Full refunds will be given if the conference is cancelled due to inclement weather or other unforeseen circumstances.

**Special accommodations:** Should you require reasonable accommodations, a request must be received **no later than July 1, 2020** via email to: [kidzconferenceservices@beyondboundaries.com](mailto:kidzconferenceservices@beyondboundaries.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. **28.5 NASP CPDs**



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**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. **2.85 AOTA CEUs AOTA Classification Codes: OT Process-Intervention & Domain of OT-Areas of Occupation**



and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for **2.85 ASHA CEUs (Introductory level, Professional area)**

**Kidz Therapy Services, LLC** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology

**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. **28 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. **(28.5 hrs.)**

**Commission on Dietetic Registration** – This activity has been approved by CDR for **28.5 CPEUs**.

# Directions & Accommodations



## LIU Post

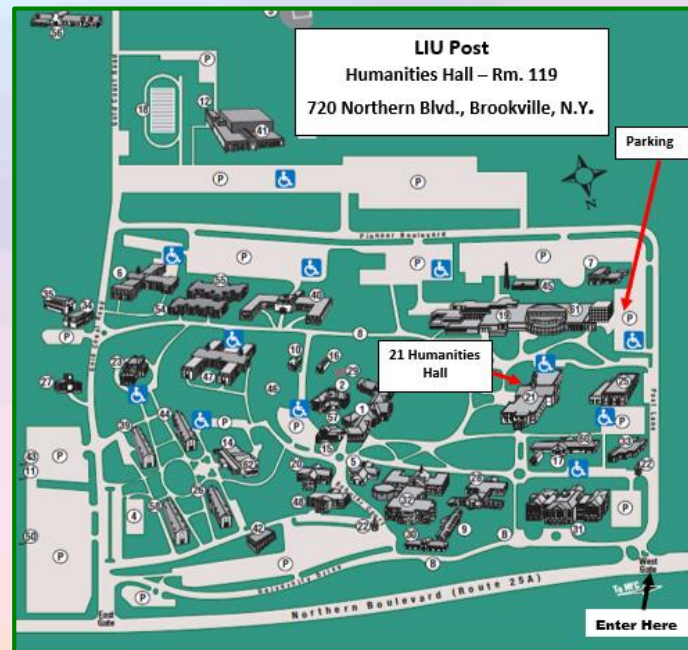
**Fri-Sun, 3/27-3/29**

**720 Northern Blvd,  
Brookville, NY 11568**

**Humanities Hall – Room 119**

*The campus is approximately 15 minutes  
from The Roslyn Hotel*

On entering CW Post campus - Enter campus at West Gate bearing right. Second building on the left is Kahn Discovery Center (#25). Make a left just past the building. Go to the end of the road. Humanities Hall is the building at the end on the left. Building #21 on map. We will be meeting in the lecture hall, room 119.



## Hotel Accommodations

*Please note that we are providing this list based solely on their proximity to the venues. Availability of rooms are not guaranteed.*

- **The Roslyn Hotel** - 516-625-2700
- **Holiday Inn Express** - 516-627-2460
- **Hilton Garden Inn Roslyn** - 516-626-3600
- **East Norwich Inn** - 516-922-1500

*We do not have rooms reserved or discounts associated with this conference or agency. The only discount associated with this conference is at The Roslyn Hotel. Kindly mention Kidz Conference Services at the time of booking to receive a discount at The Roslyn Hotel only.*