

# WHEN CHILDREN WON'T EAT — PICKY EATERS VERSUS PROBLEM FEEDERS:

Assessment and Treatment Using  
the SOS Approach to Feeding

**Tuesday - Friday  
May 14 - 17, 2019**

Ruth and Tristram Colket, Jr.  
Translational Research  
Building on the Raymond G.  
Perelman Campus

**Learn more:  
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**Children's Hospital  
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## COURSE OVERVIEW

The Sequential Oral Sensory (SOS) Approach to Feeding workshop is a transdisciplinary 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 focus of the conference will be assessing and treating infants and young children with feeding difficulties and feeding disorders. This includes “problem feeders” who may have mild to moderate neurological impairments and/or medical disorders, children with autism spectrum disorder, children with motor, oral-motor and/or sensory dysfunction, as well as the “picky eater.”

## GENERAL INFORMATION

The conference will be held at Children’s Hospital of Philadelphia in the Ruth and Tristram Colket, Jr. Translational Research Building on the Raymond G. Perelman Campus, Tuesday, May 14 through Friday, May 17, 2019.

Please note: Participants are expected to attend the course for the entire length of each day (8 a.m. to 5 p.m., days 1 through 3 and 8 a.m. to 3:15 p.m. 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.

## COURSE OBJECTIVES

After attending this program, the participant should 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 strategies to feeding problems
5. Create and implement a SOS feeding program for toddlers and young children, in group and individual treatment formats

## TARGET AUDIENCE

Speech pathologists, 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.

## REGISTRATION FEE: \$800

The registration fee includes course materials, continental breakfast, lunch, breaks and parking. As part of our green initiative, syllabus material will be available online.

Register online: [chop.cloud-cme.com](http://chop.cloud-cme.com)

## HOTEL ACCOMMODATIONS

A block of rooms with reduced rates has been reserved at the Sheraton University City Hotel, 36th and Chestnut streets, Philadelphia, PA 19104. The group rate is \$239 single and double occupancy, plus a 16.37 percent room tax. Participants are required to make their own reservations by calling the hotel directly at 888-627-7071 or 215-387-8000. Please mention the name of the conference when making your call. The special room rates will be available until Saturday, April 13. After that date, reservations will be accepted on a space and rate availability basis.

## SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263 or via email at [CMEOFFICE@email.chop.edu](mailto:CMEOFFICE@email.chop.edu) at least two weeks in advance so that we may provide better service to you during the conference.

## CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines/travel agencies. In order to process refunds for course withdrawals, cancellations must be received in writing by Wednesday, May 1, 2019. No refunds will be issued thereafter. Refunds will be issued for the amount of registration minus a \$50 service charge.

## ACCREDITATION

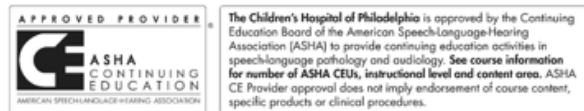
### Occupational Therapy

Children's Hospital of Philadelphia is an approved provider of continuing education by the American Occupational Therapy Association Inc *28.5 Contact hours or 2.85 AOTA CEUs will be awarded to participants at the completion of the program.* Assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. Approved Provider Number: 4878. *Appropriate for Intermediate-level Occupational Therapists.*

Course falls under category of Occupational Therapy Process



### Speech-Language Pathology



This program is offered for 2.05 ASHA CEUs, Intermediate level, Professional area. Instructional personnel disclosures, financial and nonfinancial, can be found at [chop.cloud-cme.com](http://chop.cloud-cme.com).

## PROGRAM • TUESDAY, MAY 14, 2019

- 7:30 a.m. Registration and Breakfast
- 8 a.m. **I. Introduction**  
A. Prevalence  
B. What Do We Know from the Research?  
C. Tenets of SOS
- 10 a.m. Break
- 10:15 a.m. D. Top 10 Myths
- II. Feeding Theory: How Children Learn to Eat AND Not to Eat**  
A. Learning Theory  
1. Feeding Therapy Options  
2. Video
- Noon Lunch (*provided*)
- 1 p.m. B. Myth 1 = Breathing  
C. Motor Skill Acquisition  
D. Oral-Motor Skill Acquisition
- 3 p.m. Break
- 3:15 p.m. D. Oral-Motor Skill Acquisition *continued*  
E. Neurosensory Skill Acquisition  
F. Steps to Eating
- 5 p.m. Adjourn for the day

# PROGRAM • WEDNESDAY, MAY 15, 2019

- 8 a.m.                    **II. Feeding Theory *continued***  
                                  G. Developmental Food Continuum  
                                  H. Cognitive Development
- 10 a.m.                    Break
- 10:15 a.m.                **II. Feeding Theory *continued***  
                                  I. Psychological Developmental Stages
- III. Treatment/Interventions**  
                                  A. General Strategies
- Noon                      Lunch (*provided*)
- 1 p.m.                     **III. Treatment/Interventions *continued***  
                                  A. General Strategies *continued*  
                                  B. Food Jags
- 3 p.m.                     Break
- 3:15 p.m.                **IV. Assessment of Feeding Problems**  
                                  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 p.m.                     Adjourn for the day

# PROGRAM • THURSDAY, MAY 16, 2019

- 8 a.m.                    **IV. Assessment of Feeding Problems *continued***  
                                  H. Practice Videos  
                                  I. Parents' Experience
- V. The SOS Approach to Feeding: Therapy Sessions**  
                                  A. Systematic Desensitization  
                                  B. Cues to Eating  
                                  C. Language Use
- 10 a.m.                    Break
- 10:15 a.m.                **V. The SOS Approach to Feeding: Therapy Sessions *continued***  
                                  A. Systematic Desensitization  
                                  B. Cues to Eating  
                                  C. Language Use
- Noon                      Lunch (*provided*)
- 1 p.m.                    **V. The SOS Approach to Feeding *continued***  
                                  D. Therapy Format – Child  
                                  E. Therapy Format – Parent  
                                  F. SOS Data  
                                  G. Building a Food Hierarchy
- 3 p.m.                    Break
- 3:15 p.m.                **V. The SOS Approach to Feeding *continued***  
                                  H. Practice Building a Food Hierarchy
- 5 p.m.                    Adjourn for the day

## PROGRAM • FRIDAY, MAY 17, 2019

- 8 a.m.                    V. **The SOS Approach to Feeding** *continued*  
                                  I. Hierarchy Strategies: Moving Children Up the Steps
- 10 a.m.                    Break
- 10:15 a.m.                V. **The SOS Approach to Feeding** *continued*  
                                  J. Practicing Hierarchy Strategies  
                                  K. Video: Progression Within Session
- Noon                      Lunch (*provided*)
- 1 p.m.                     V. **The SOS Approach to Feeding** *continued*  
                                  L. SOS Data
- VI. Managing Maladaptive Behaviors**  
                                  A. Overview  
                                  B. Preventing “Problem” Behaviors  
                                  C. Intervention Strategies – Basic  
                                  D. Emotion-based Discipline
- VII. The SOS Approach to Feeding: Practice**  
                                  A. Video Practice: Progression Across Sessions
- 3:15 p.m.                 Conference Adjourns

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## COURSE FACULTY

**Lindsay Beckerman, MOT, OTR/L**

*Pediatric Occupational Therapist*

*Pediatric Feeding Specialist*

*STAR Institute for Sensory Processing Disorder*

**Deborah Lagerborg, CCC-SLP**

*Pediatric Speech Pathologist*

*Pediatric Feeding Specialist*

*Developing Disabilities Resource Center*

**Kay A. Toomey, PhD**

*Pediatric Psychologist*

*President, Toomey & Associates, Inc.*

*Clinical Consultant to the Feeding Clinic*

*at STAR Institute for Sensory Processing Disorder*