SOS APPROACH TO FEEDING:
ASSESSMENT AND TREATMENT OF PEDIATRIC FEEDING CHALLENGES

2027 TRAINING COURSE AGENDA

PART 1 = PRE-RECORDED ONLINE SEGMENT - (9 hours Educational content)

15 minutes — ***Chapter 1:*** **Introduction and Requirements**
- Host Introduction
- Course logistics and requirements to pass

2 hours, 30 minutes — ***Chapter 2: Prevalence and Scope of Problem***
- **A. Scope of Problem & Development of SOS**
- **B. Prevalence Data – Growth Problems**
- **C. Prevalence Data – Feeding Problems**
- **D. Feeding Prevalence & Neurodivergent Populations**
- **E. SOS Iceberg**

2 hours, 30 minutes — ***Chapter 3: SOS Tenets and Top Ten Myths***
- **A. Complexity of Feeding/Eating & the Role of the Environment**
- **B. Tenets of SOS & Top 10 Myths - Overview**
- **C. Myth 8: Picky Eaters vs Problem Feeders and PFD vs ARFID**

2 hours — ***Chapter 4: The Role of Learning in Feeding*** - How children learn to AND not to eat
- **A. Learning Theory**
- **B. Feeding Therapy Options**
- **C. Conditioning Video**

1 hour — ***Chapter 5: Foundations of Feeding Development - Motor and Sensory***
- **A. Motor Milestones**
- **B. Sensory Milestones**

1 hour — ***Chapter 6: Foundations of Feeding Development - Cognitive***
- **A. Cognitive Milestones**

PART 2 = IN-PERSON SEGMENT

DAY 1:

7:30am to 8:00am — Registration

8:00am to 8:15am — **Course Announcements**
- Course logistics and requirements to pass

8:15am to 10:00am — ***I. Introduction***

II. Feeding Theory & Milestones - How children learn to AND not to eat
- **A. Myth 1 = Breathing**
- **B. Myth 1 = Posture**
- **C. Oral-Motor Skill Acquisition & Developmental Food Continuum**

10:00am to 10:15am — Break

DAY 1: continued

10:15am to 12:00pm ***II. Feeding Theory & Milestones*** – continued
C. Oral-Motor Skills & Developmental Food Continuum – continued

12:00pm to 1:00pm Lunch

1:00pm to 3:00pm ***II. Feeding Theory & Milestones*** - continued
D. Sensory Skill Acquisition
E. Understanding the Role of Sensory Integration In Feeding

3:00pm to 3:15pm Break

3:15pm to 5:00pm ***II. Feeding Theory & Milestones*** – continued
F. Steps to Eating - Overview
G. Cognitive Development

DAY 2:

8:00am to 10:00am ***II. Feeding Theory & Milestones*** – continued
G. Cognitive Development – continued
H. Psychological Developmental Stages

10:00am to 10:15am Break

10:15am to 12:00pm ***III. Treatment/Interventions***
A. General Treatment Strategies
1. Social Role Modeling
2. Structure/Routine

12:00pm to 1:00pm Lunch

1:00pm to 3:00pm ***III. Treatment/Interventions*** - continued
A. General Treatment Strategies - continued
3. The Correct Use of Reinforcement
4. Accessing the Cognitive
B. Food Jags

IV. Assessment of Feeding Problems
A. Referral Candidates

3:00pm to 3:15pm Break

3:15pm to 5:00pm ***IV. Assessment of Feeding Problems*** - continued
B. Assessment Process
C. Assessment by Subsystems
1. Reasons Children Won't Eat
2. What to Observe
3. Practice Videos

DAY 3:

8:00am to 10:00am ***IV. Assessment of Feeding Problems*** - continued
D. Assessment Vignette 1 - Medically Complicated
E. Assessment Vignette 2 - Family
F. Parents' Experience

V. The SOS Approach to Feeding – Theoretical Requirements
A. Systematic Desensitization

10:00am to 10:15am Break

DAY 3: continued

10:15am to 12:00pm — ***V. The SOS Approach to Feeding – Theoretical Requirements***
- **A. Systematic Desensitization** - continued
- **B. Cues to Eating**
- **C. Language Use**

12:00pm to 1:00pm — Lunch

1:00pm to 3:00pm — ***VI. The SOS Approach to Feeding – Therapy Sessions*** - continued
- **A. Therapy Format - Child**
  - **1. Room Set-Up + Modifications**
  - **2. Session Structure & Routine**
- **B. Therapy Format – Parent**
- **C. Modifications Across Settings**

3:00pm to 3:15pm — Break

3:15pm to 5:00pm — ***VI. The SOS Approach to Feeding – Therapy Sessions*** - continued
- **D. Sensory Based Problem Solving**
- **E. Progression Across Sessions**
- **F. Graduation Criteria & SOS Data**
- **G. Building a Food Hierarchy**
  - **1. Requirements**

DAY 4:

8:00am to 10:00am — ***VI. The SOS Approach to Feeding – Therapy Sessions*** - continued
- **G. Building a Food Hierarchy** - continued
  - **2. Practice**
- **H. Hierarchy Strategies – Moving Children Up the Steps**
  - **1. Disciplines' Roles**

10:00am to 10:15am — Break

10:15am to 12:00pm — ***VI. The SOS Approach to Feeding – Therapy Sessions*** - continued
- **H. Hierarchy Strategies – Moving Children Up the Steps** - continued
  - **2. Play with a Purpose**
  - **3. Play techniques per Step**
  - **4. Practicing hierarchy strategies**

12:00pm to 1:00pm — Lunch

1:00pm to 3:00pm — ***VI. The SOS Approach to Feeding – Therapy Sessions*** - continued
- **H. Hierarchy Strategies – Moving Children Up the Steps** - continued
  - **4. Practicing hierarchy strategies** - continued
- **I. Hierarchy Strategies – Oral Motor Steps to Eating**

3:00pm to 3:15pm — Break

3:15pm to 5:00pm — ***VI. The SOS Approach to Feeding – Therapy Sessions*** – continued
- **J. Videos: Progression Within Session**
- **K. SOS Data**

VII. Managing Other Maladaptive Behaviors
- **A. Emotion Based Discipline**

This Hybrid SOS Training Course (5 Days) has a 100% Attendance requirement. Registrants are expected to complete the 9-hour pre-recorded Online Segment of the Training Course at least one week prior to attending the In-Person Segment of the Course. During the In-Person Segment of the Training Course, Registrants are expected to fully participate for the entire length of each day: Days 1-4 from 8:00am to 5:00pm. Registrants will miss crucial information needed to be able to correctly use the SOS Approach to Feeding program if they come late or leave the Training Course early. Registrants who arrive late or leave early will not receive their Certificate of Completion or their Education Credits. There will be no partial credit awarded for this SOS Training Course.