

The S.O.S. Approach to Feeding:

The Sequential Oral Sensory approach to feeding is for children who are described as “picky eaters” and/or “problem feeders”. This approach takes into account the hierarchy of skills or behaviours necessary for children to progress (*sequential*); the skills required of the muscles in and around our mouths (*oral*); and how we take in information from the world and use it (*sensory*).

Parents/caregivers are required to stay for the duration of the group to learn this approach and share observations. Homework activities will be given after each session and parents are encouraged to follow-up with strategies and techniques at home.



Where and When?

Waterloo Site

500 Hallmark Drive
Waterloo, ON N2K 3P5

2:00-4:00p.m.

Tuesdays and Thursdays

July 18-22, 2011

July 25-29, 2011

August 8-12, 2011

August 15-19, 2011

August 22-26, 2011

A parent information session will be held on Wednesday June 29th, from 6:00-8:00p.m. at the Waterloo site.

Attendance is mandatory as important information about at-home follow-up will be given.



S.O.S! Feeding Group

The Sequential Oral Sensory approach to feeding issues in children described as “picky eaters” and/or “problem feeders”

www.kidsability.ca



Who Will Benefit?

This group is for children **ages 6-10** who have any of the following difficulties:

- ★ Limited variety of tastes and textures in diet
- ★ Difficulties transitioning to advanced textures
- ★ Demonstrates food refusal
- ★ Maladaptive behaviours around eating
- ★ Avoids all foods in specific texture or food group
- ★ Low volume of oral intake
- ★ Poor weight gain
- ★ Families who power struggle at mealtimes

To Register:

Tel: 519-886-8886 ext 562
1-888-372-2259 ext 562
e-Mail: firefly-info@kidsability.ca

Please register by Friday June 10th, 2011

Fee: \$1400*
(\$140/2-hour session)

Fees include the cost of food. This is a 10-session group that runs for 5 weeks throughout the summer. The hourly rate for this program is \$70.

As this is a service provided by a Registered Speech-Language Pathologist and Occupational Therapist, you may have coverage for this program through insurance or therapeutic funding. Please visit our Funding Options page on our website for more information

Goals For Participants

- Learn to have positive experiences with food
- Learn mealtime routine and cues to eating
- Decrease resistances to touching, tasting, and swallowing food
- Increase range of foods child will try
- Increase volume of food ingested at mealtimes

Parent Education

- 1) Understanding the ways that children learn how and how not to eat
- 2) Recognizing how you or others have contributed to your child's feeding issues
- 3) Learning the cues to eating and steps involved in eating
- 4) Understanding the use of positive and negative reinforcement
- 5) Creating a feeding program for your child to use at home

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