



## How does it all work?

**It starts with a free screening at Unified Therapy Services to confirm feeding concerns...**

Then... parents will complete a **"Feeding Inventory"**

Next... we will complete a **Customized Assessment** including:

- Caregiver reports on primary feeding concerns and "red flags"
- Analysis of the client's oral structure and movement
- Observation of the caregiver and client eating together
- Possible trial therapy techniques as appropriate
- Education on assessment results and future recommendations

### **Customized intervention including:**

- Caregiver education and inclusion in all therapy sessions
- Incorporation of preparatory sensory games/activities
- Presentation of foods in a customized feeding hierarchy
- Clean-up routine for further sensory integration and interaction for the days presented foods
- Parent and child "lessons" with homework as appropriate

## What do parents say?

"If it wasn't for food school, I don't know where we would be." – Stacy Simmons

"I cannot explain the smile on my face the very first visit and the smile I still have years later when I think about that wonderful place." – Rachel Fleege

"When we started food school, my son only ate a handful of foods. A couple years later, you can't even tell he ever had an issue with food. It was a lot of hard work but so worth it. My son has even maintained his progress through stressful life events and a move. Now we get compliments on how well he eats! If it wasn't for the food school program, we would not have the happy and healthy child we have today." – Emily Jackle-Hugh



## Red Flags

Your child may benefit from feeding therapy if they show the following:

- Stressful Mealtimes
  - eg. battling over food or reports of pickiness in multiple settings
- Aversion or avoidance of specific textures or food groups
- Difficulty transitioning from:
  - bottle to baby foods
  - purees to table foods
  - breast/bottle to cup
- Limited weight gain or weight loss
- History of reflux, vomiting, or other painful eating associations
- Frequent choking, gagging, or coughing during meals.
- Eating and breathing coordination problems, including latching to breast or bottle

The following conditions and characteristics are often associated with feeding difficulties:

- Failure to thrive
- GERD (reflux)
- Children with G-tube
- Autism Spectrum Disorders
- Sensory Processing Disorder
- Cerebral Palsy
- Down Syndrome
- Visual Impairment with related sensory needs
- Children with oral-motor concerns
  - eg. tongue tie

## *What is the SOS Approach to Feeding?*

The SOS Approach to Feeding assesses and treats children with feeding and weight/growth difficulties. This program integrates many factors, including sensory, oral, motor, behavioral, medical, and nutritional factors. This comprehensive perspective allows us to customize the evaluation and treatment of each child individually.

The SOS Approach to Feeding evolved from the developmental steps, stages, and skills of feeding found in typically developing children. This approach utilizes information about "normal" development to help children progress through typical feeding milestones towards the eventual goals of eating a variety of age-appropriate textures and growing at an appropriate rate. Family education and participation is a critical component of The SOS Approach to Feeding. Parents and other caregivers foster progress and generalization of feeding from the clinic setting to other natural environments. Therapy sessions are done individually and/or in groups.

***A free 30 minute screen could make a lifetime of difference for your child.***

## *Our SOS Team*



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## **SOS APPROACH TO FEEDING**

