

What is the SOS Feeding Approach?

SOS Feeding is “Sequential Oral Sensory” approach to feeding therapy that utilizes a systematic approach to address both the sensory processing and the oral motor skills a child needs to eat a wide variety of food groups and textures.

Who is appropriate for our Feeding approach?

Does your child become upset with looking, smelling or touching new foods? Do meal times become a battle with you hoping your child will try something other than their preferred foods? This group allows children to explore foods using a play-based approach. This program is based on the Sequential Oral Sensory (SOS) Approach to Feeding developed by Kay Toomey, PhD. Our goal is to make meal times enjoyable for the child and family.

Here are some questions to consider if you are concerned about your child’s eating:

- Does your child have a decreased range or variety of foods (less than 20)?
- If your child gets “burned out” on a food and takes a break from it, will they refuse that food still, after the break?
- Does your child refuse entire categories of food groups (proteins, vegetables, etc.) or texture groups (hard foods, soft cubes, puree textures)?
- Does your child almost always eat different foods at a meal than the rest of the family?
- Have you reported concerns about your child’s feeding across multiple well-child check-ups?
- If you answered “yes” to several of the above questions, talk to your child’s pediatrician about a referral for an evaluation to determine if our feeding group is right for you.

Children will develop valuable skills to improve their ability to participate in family meals and snacks with classmates/peers. Groups will be carried out in an environment where social interactions are important and encouraged, where food is fun, and where even small achievements are celebrated in a big way!

BRING YOUR CHILD HUNGRY!!!