



## WHAT IS THE FOOD PROGRAM?

The SOS (Sequential Oral Sensory) Approach to Feeding program is an effective way to address problematic feeding behaviors in a variety of settings and populations. Parents and caregivers of children who will not eat are faced with a difficult and often puzzling challenge. Because the interplay between weight gain and a child's experience of food can be complicated, there is rarely an easy solution when a feeding problem arises. The SOS Approach uses a transdisciplinary team approach which assesses the "whole child":

- Organ Systems
- Muscles
- Sensory Development
- Oral-motor
- Learning/Behavior
- Cognition
- Nutrition
- Environment

## SOS APPROACH

The SOS (Sequential Oral Sensory) Approach to Feeding program focuses on increasing a child's comfort level by exploring and learning about the different properties of food and allows a child to interact with food in a playful, non-stressful way, beginning with the ability to tolerate the food in the room and in front of him/her; then moving on to touching, kissing, and eventually tasting and eating foods.

## WHO IS A CANDIDATE FOR THE FOOD PROGRAM?

- ✓ child who transitioning from tube to oral feeding
- ✓ child who has a low volume of oral intake (or no oral intake)
- ✓ child who has poor weight gain
- ✓ child who has a limited variety of tastes and textures in diet
- ✓ child who demonstrates food refusal
- ✓ child who has maladaptive behaviors around eating
- ✓ families who power struggle at meals

## MYTHS TO FEEDING

**MYTH:** Eating is the body's number 1 priority

**MYTH:** Eating is instinctive and easy

**MYTH:** Eating is a two step process -  
1. you sit down | 2. you eat

**MYTH:** It's not okay to play with your food

**MYTH:** Children are to "mind their manners" at all meals

**MYTH:** If a child is hungry enough, he/she will eat.  
They will not starve yourself.

**MYTH:** Children only need to eat 3 times a day

**MYTH:** If a child won't eat, they either have a behavioral or an organic problem

**MYTH:** Certain foods are only to be eaten at certain times of day

