



WHAT IS FEEDING THERAPY?

The feeding therapy program offered by Grace Children's Therapy Services follows the SOS (sequential oral sensory) approach to feeding. This evidence based program has been developed by feeding psychologists, physicians, dietitians, speech pathologists and occupational therapists. The program integrates posture, sensory systems, motor skills, behavioural/learning skills, social/emotional development, medical concerns and nutritional impacts. The program builds a hierarchy of skills and behaviours necessary for children to progress with eating a variety of foods. The SOS approach is a family centered care program and therefore family is an integral part of the assessment and treatment.

WHAT ARE THE GOALS OF FEEDING THERAPY?

- Identify oral, sensory, motor, cognitive and emotional milestones to feeding that may or may not have been met by your child.
- Develop your child's hierarchy of skills and behaviours around new foods and familiar foods.
- Help families and children to achieve their specific feeding goals as determined in an initial one-on-one review.

WHAT HAPPENS EACH WEEK

The program runs in 12 weekly session blocks with the children and includes parent education evenings. Each therapy session with the children starts with a sensori-motor component for improved engagements and regulation. We then transition to the feeding room. The feeding session takes children through setting-up for the food, approaching a range of foods and a clean-up routine. The guided explorations of new foods will vary in length depending on the feedback we are getting from the group although we anticipate moving through 6-10 foods per session. The foods will be selected based on the groups feeding preference sheets and goals, following the hierarchy of skills we want the children to learn and the progress of the group from week to week. The foods also aim to cover the main food groups and food types (eg, smooth, hard, mixed texture). The session duration is 50 minutes.

WHAT ARE THE NEXT STEPS?

- See our My Feeding Clinic web page for more information and an informative video: <http://gracechildrenstherapy.com/paediatric-ot-services/my-feeding-clinic/>
- Register your interest via the website or calling us.
- Once we confirm dates and availability with you, complete intake forms that include details about your child's feeding journey/preferences.
- Book and attend your one-on-one assessment to complete a therapy plan and determine your child's functional goals for the program.

For more information contact Grace Children's Therapy Services on 1300-760-779