

SOS^(sequential, oral, sensory) food group



INTRODUCTION TO SOS (sequential oral sensory) FEEDING PROGRAM

The SOS approach to feeding program integrates motor, oral, behavioural/learning, sensory and nutritional factors in order to comprehensively address feeding difficulties in children. The treatment component of the program utilises typical developmental steps towards feeding to create a systematic desensitisation hierarchy of skills and behaviours necessary for children to progress with eating various textures and types of food.

TREATMENT DESCRIPTION

1. Each session begins with a set routine; obstacle course, sitting stability exercises, breathing, hand washing, description/teaching about the food.
2. Therapists next work on the children's feeding difficulties through the choices of the foods made, and the way in which they are presented (tastes, sizes, textures, shapes, colours, consistency, temperature).
3. The children are advanced up a detailed hierarchy of 32 steps to eating with each new food presented. Therapists interact with the food and children in a way to help the children achieve each of the 32 steps from a skill standpoint.
4. Positive social reinforcement is used to support mastery of each step on the 32 steps to eating hierarchy. Social reinforcement is used as it is the most natural type of reinforcement for eating, and allows for the best carry over of the program into the home environment.
5. Range of foods at each step on the hierarchy is worked on first, because our work has demonstrated that range drives volume.

CHILDREN'S GROUP GOALS

- To learn a mealtime routine and set of cues to eating
- To learn to have positive experiences with food
- To learn a mealtime routine and set of Cues to Eating
- To decrease resistance to touching, tasting and swallowing food
- To increase the range of foods children will try
- To increase the volume of food children ingest

PARENT GROUPS GOALS

- To tell their child's story
- To understand the ways children learn how to and how not to eat
- To learn the cues to eating and the steps involved in learning to eat
- To understand the correct use of reinforcement and punishment
- To create a feeding program for their child to use in their own homes

For any enquiries, please contact the Mpower Intake team on (03) 5561 8111

71 Koroit St
Warrnambool 3280

6 Nolte St
Hamilton 3300



03 5561 8111

| admin@mpower.org.au

| www.mpower.org.au