



❖ What is the SOS Approach to Feeding?

The SOS (Sequential-Oral-Sensory) Approach to Feeding is a Transdisciplinary Program for assessing and treating children with feeding and weight/growth difficulties. It has been developed over the course of 20 years through the clinical work of Dr. Kay Toomey, in conjunction with colleagues from several different disciplines including: Pediatricians, Occupational Therapists, Registered Dietitians, and Speech Pathologists/Therapists.

This program integrates motor, oral, behavioral/learning, medical, sensory and nutritional factors and approaches in order to comprehensively evaluate and manage children with feeding/growth problems. It is based on, and grounded philosophically in, the “normal” developmental steps, stages and skills of feeding found in typically developing children. The treatment component of the program utilizes these typical developmental steps towards feeding to create a systematic desensitization hierarchy of skills/behaviors necessary for children to progress with eating various textures, and with growing at an appropriate rate for them. The assessment component of the program makes sure that all physical reasons for atypical feeding development are examined and appropriately treated medically. In addition, the SOS Approach works to identify any nutritional deficits and to develop recommendations as appropriate to each individual child’s growth parameters and needs. Skills across all developmental areas are also assessed with regards to feeding, as well as an examination of learning capabilities with regards to using the SOS program.



❖ Is the SOS Approach to Feeding Right for my child?

- My child eats a restricted range or variety of foods (typically less than 20)
- My child refuses entire categories of foods
- My child usually eats entirely different foods than the rest of the family at meal times
- Mealtimes are an ongoing challenge
- I would characterize my child's feeding habits as extremely "picky"
- My child is over-reactive to smells or tastes to the point of gagging or vomiting
- My child has a history of sensory-processing difficulties
- My child has motor development challenges