

How does Playabilities approach feeding therapy for Toddlers?

Playabilities utilizes the **“Sequential Oral Sensory Approach to Feeding” (SOS Approach to Feeding)**. This approach focuses on pleasurable feeding experiences that applies the behavioral and social learning principles, and systemic desensitization strategies to feeding problems. The approach is designed to assess and address all the factors involved in feeding difficulties; we take a holistic approach and look at the “whole child.”

Our staff is highly trained in finding strategies and ideas that work best with your child. We create individualized therapeutic plans with families that best fits each child’s needs. We meet a child and family where they are at, and use a play-based approach to feeding. We invite caregivers and families into sessions so that skills can be generalized into the home environment.



Playabilities’ Toddler Feeding Therapy supports families with creating successful feeding behaviors by:

- assisting in developing critical motor milestones for feeding
- assisting postural stability and optimal positioning during feeding opportunities
- introduces solids (i.e., recommendations of what foods to serve based on current skill level)
- cup drinking skills
- utensil use/adaptation recommendations
- supporting/building strength and coordination with oral motor development
- sensory development and regulation to tolerate a variety of foods
- Provides referral recommendations if necessary: counseling for the family, referrals to neurology-lactation-genetics-vision-ENT-pediatric dentist for oral tissue concerns, swallow studies, psychiatrist referrals, diagnostic referrals
- establishing sensory supports that facilitate the success of the child to maintain regulation during feeding therapy approach

Playabilities staff is comprised of Occupational Therapists, Physical Therapists, and Speech-Language Pathologists. Playabilities utilizes a collaborative approach across internal providers and collaborates with other outside professionals on the child’s care team including the child’s physician, dietician, psychologist, or other medical or educational team members in order to provide a holistic approach with increased positive outcomes and rate of progress.

Within the SOS approach to feeding, therapists guide the child with facilitating positive experiences surrounding feeding. The SOS Steps to Eating include:

- tolerating the food
- Interacts with the food
- Smelling the food
- Touching the food
- Tastes the food
- Eats the food

The following information was created based on the work of: Toomey, K. (2010). *Critical motor & oral motor milestones for feeding*. The Sequential Oral Sensory (SOS) Feeding Approach.