



COMMUNICATION & FEEDING SPECIALISTS

• OF SOUTHEASTERN WISCONSIN •

CREATING PATHWAYS TO SUCCESS

-  414.208.0753
-  414.755.0774
-  info@communicationandfeeding.com
-  www.communicationandfeeding.com
-  8707 W. North Ave, Wauwatosa, WI

Hello, and Welcome to the Feeding Therapy!!!

Congratulations on taking this next step! Here is a little bit about what you can expect from our program, and answers to frequently asked questions...

What are the goals of feeding therapy?

While every individual's goals are different, the goal for therapy is to:

- Learn to have a positive experience with food
- Learn mealtime routine and cues to eating
- Learn to comfortably tolerate touching, tasting, and swallowing food
- Increase the range of foods that individuals will try
- Increase repertoire (i.e. number of foods individuals regularly enjoy to eat)
- Increase the volume of food ingested
- Limit the stress associated with mealtimes
- Learn to comfortably eat in social situations

What is S.O.S. Therapy?

Sequential Oral Sensory (SOS) Feeding Approach is a transdisciplinary program for assessing and treating individuals with feeding and weight/growth difficulties. Developed by Dr. Toomey over nearly three decades of work with problem feeders, the program incorporates principles and practices from multiple disciplines including typical development, occupational therapy, dietetics, and speech-language pathology.

The **SOS Feeding Approach** integrates sensory, motor, oral, behavioral/learning, medical, and nutritional factors and approaches in order to comprehensively evaluate and manage feeding/growth problems. It is based on, and grounded philosophically in stages and skills of feeding found in typical development. It incorporates principals of neuroplasticity, systematic desensitization, and mindfulness. This all done through a positive and enjoyable process that also works to support healthy lifestyle changes to maximize progress. Through this process we will also work to identify any possible underlying factors that may be limiting an individual's potential for success, and refer as necessary.

NOTE: Individuals are **NEVER** "forced" or negatively pressured to eat or taste any challenging foods!!!

What should I bring?

For the evaluation, you can bring a variety of foods of different textures and preferences. Bring a few favorite foods especially something dry and crunchy. I like to talk about foods in relation to **Green** light (very favorite foods, will always eat them), **Yellow** light (will eat occasionally, or something very similar to a green light food, may be willing to taste), and **Red** light (something that is very challenging and you will not eat).

Try and bring 1-2 items from each category, and include at least one:

<input checked="" type="checkbox"/> Protein	<input checked="" type="checkbox"/> Preferred beverage
<input checked="" type="checkbox"/> Fruit	<input checked="" type="checkbox"/> Preferred dip/sauce (if applicable)
<input checked="" type="checkbox"/> Vegetable	
<input checked="" type="checkbox"/> Grain	

***PLEASE REMEMBER!** It will not be necessary to eat any of these foods until the individual is ready. The foods brought the first day are only used as a baseline, while we get to know the individual and his/her personal preferences. We work on building patients' preferred food repertoire as they begin to learn to enjoy new foods.

Where are we located?

Our clinic is located at **8707 W. North Ave, Wauwatosa, WI**. Parking is available in the Tosa Pediatrics lot. You can come in the back door of 8707 and wait in the waiting room until the therapist comes to get you.

There is a **Sendik's Grocery** store across the street with a variety of hot and cold ready-to-eat foods. If that is more convenient, you can plan to go shop there prior to coming.