

Picky Eaters Pick Produce

When: Fridays 10 am June 19 - August 7 (8 weeks)

What: Join Taira Fischer, OTD, OTR/L and Megan Pollock MA CCC-SLP for snack time with special guest, garden coach Annie Chubbuck from Seed Babies. This group will use components of the SOS approach to eating, which is a stress-free, child-directed model aimed to improve the child's comfort level when learning the different sensory properties of food. Caregivers will complete a detailed form about food preferences, which will be considered when choosing the fruits and veggies explored during snack time. The garden coach will also provide tips on how to grow low maintenance produce at home giving you and your child a sense of ownership and pride about the food that your family enjoys during mealtime. Using elements of the SOS approach coupled with gardening allows your child to have a deeper and more positive connection to food by slowly exposing your child to new foods through seeing, touching, smelling, and eventually tasting! As a thank you for participating, all children will take home their own plant to kick off their home garden!

Goals:

- To learn to have positive experiences with food
- To learn an applicable mealtime routine
- 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 Goals:

- To understand the ways children learn how to and how NOT to eat
- To recognize how they or others have contributed to the problem
- 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
- To listen to one another and provide each other support

Who: Child who has any of the following

- A limited variety of tastes and textures in diet
- Difficulties transitioning to advanced textures
- Maladaptive behaviors around eating
- Families who power struggle at meals

Group Requirements:

- Medically stable and safe for oral feeding
- Ages 3 to 5 years old
- Eats at least 10 foods
- Cognitively interested in and motivated by their peers
- Caregiver participation required

Price: \$400 for 8 weeks

To register for summer groups please contact us at sarah@sensorysolutionsohio.com or 614.785.6551.