

OUTLINE

Prevalence of the Problem

Picky eating
Problem feeding
ARFID

The Complexity of Feeding/Eating

7 areas of human function
How children learn to eat (or not)

How to Complete a Comprehensive Feeding Assessment

Medical/organs
Oral-motor skills
Sensory-motor skills
Postural and motor skills
Nutrition
Learning/cognition
Environment

Differential Diagnoses Criteria, Research and Limitations

Picky eating
Able to tolerate new foods on plate
Decreased range or variety of foods that will eat
Frequently eats a different set of foods than the rest of the family

Problem feeding
Restricted range or variety of foods
Refuses entire categories of food textures
Cries and “falls apart” when presented with new foods

ARFID
Accept a limited diet in relation to sensory features
Food refusal is related to aversive or fear-based experiences
Extreme pickiness; distractible and forgetful

Treatment Approaches – Align Treatment w/ Diagnosis

Systematic desensitization
Flooding/escape extinction
Eating disorders

Case Studies: When Assessments Go Well, and When They Don’t

Picky eating –
Case 1 = 2 ½ year old male with limited number of accepted foods he will eat, variable eating from one day to next, issues staying at the table
Case 2 = 2 ½ year old female with restricted food range, over reliance on liquids for calories and swallowing assistance
Case 3 = 9 year, 8 month old male with lack of healthy proteins per parents, and no vegetables in his food range

Problem feeding –
Case 1 = 3 year, 10 month old female with a G-tube, born at 26 weeks gestation, complicated medical history
Case 2 = 4.25 year old female born with congenital Rubella, poor weight gain, restricted food range, episodes of gagging and coughing, episodes of refusing to eat

ARFID –
Case 1 = 15 year old male with chronic “chok-y” sensation, significant weight loss, hospitalized in an Eating Disorders program
Case 2 = 13 year old male with difficulties eating food at school, restricted food range per parental report, refusal to eat vegetables

Practical Feeding Strategies for Pediatric Feeding Disorder

Routines and environmental supports
Matching foods to a child’s skillset
Reinforcement
Management of maladaptive behaviors

When to Refer

Red Flags
Picky Eater vs Problem Feeder criteria

Live Webinar Schedule
(Times listed in Pacific)

8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

OBJECTIVES

1. Determine physical, motor, sensory, oral-motor, environmental, nutritional and behavior factors necessary to consider, to properly assess feeding problems.
2. Distinguish differential criteria for determining a child’s diagnosis as a typical eater, picky eater, problem feeder or a child with ARFID.
3. Evaluate the diagnosis of ARFID to discover sensory sensitivity, fear of aversive consequences and/or apparent lack of interest in eating or food.
4. Utilize practical treatment strategies to advance children’s feeding skills, improve family meal routines and increase children’s intake of more nutritious foods.
5. Conduct more thorough and accurate diagnoses, to implement the right treatment approaches for the distinct types of feeding/eating problems.
6. Discriminate when a child needs additional evaluation and intervention by specialists for more intense treatment.

Free Worksheets

Complex Feeding Issues Evaluation

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PICKY EATERS
VS
PROBLEM FEEDERS

VS
AVOIDANT/RESTRICTIVE
FOOD INTAKE
DISORDER (ARFID)

LIVE Interactive Webinar
Tuesday, June 8, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

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PICKY EATERS
VS
PROBLEM FEEDERS
VS
AVOIDANT/RESTRICTIVE
FOOD INTAKE
DISORDER (ARFID)

- Obtain an accurate diagnosis
- When to treat, when to refer and when to involve a mental health professional
- Case studies and therapeutic interventions for each diagnostic category



Your Presenter:
Dr. Kay Toomey, Pediatric Feeding Specialist, International Presenter, Developer of the SOS Approach to Feeding Program and Consultant for Gerber Products

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

PICKY EATERS VS PROBLEM FEEDERS VS AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

Pediatric feeding disorders make it difficult or impossible for a child to eat, drink, or digest food normally, often compromising their health and development.

The limited intake seen in these children reflects concerns such as:

Food aversions
Lack of interest in eating or food
Avoidance based on sensory characteristics of food
Fear of choking or other adverse consequences

Serious medical and psychological complications consist of:

Severe malnutrition
Growth failure
Marked interference with psychosocial functioning

Join feeding expert, Dr. Kay Toomey, who has over 30 years of clinical experience assessing and treating children with a wide range of feeding challenges. She will show you clear guidelines to utilize the appropriate therapy approach.

Learn practical therapeutic interventions to use with children from each diagnostic group and ways to improve family meal routines and increase children's intake of more nutritious foods.

- Identify physical, motor, sensory, oral-motor, environmental, nutritional and behavior factors necessary to consider, to properly assess feeding problems.
- Delineate differential criteria for determining a child's diagnosis as a typical eater, picky eater, problem feeder or a child with ARFID.
- Learn when to refer to a specialist for additional treatment.

Change the lives of the children you work with...Register today!

Target Audience:

Psychologists working with feeding disorders, eating disorders and/or ARFID • Other Mental Health Providers working with feeding disorders, eating disorders and/or ARFID (e.g. Social Workers, Counselors) • Pediatric Occupational Therapists • Pediatric Speech Pathologists • Pediatric Feeding Specialists • Physicians and/or Psychiatrists working with feeding disorders, eating disorders and/or ARFID • Registered Dietitians working with feeding disorders, eating disorders and/or ARFID • Day Care Providers • Teachers/Educators • Nurses



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MEET YOUR SPEAKER

Dr. Kay A. Toomey, is a pediatric psychologist with over 30 years of clinical experience assessing and treating children with a wide range of feeding challenges. She developed the SOS Approach to Feeding as a family-centered program for assessing and treating children with feeding problems. Dr. Toomey helped to form The Children's Hospital – Denver's Pediatric Oral Feeding Clinic, as well as the Rose Medical Center's Pediatric Feeding Center. She also acts as a consultant to Gerber Products. Dr. Toomey co-chaired the Pediatric Therapy Services Department at Rose Medical Center prior to entering private practice. She acted as the clinical director for Toomey & Associates, Inc.'s, Feeding Clinic for six years and SOS Feeding Solutions at STAR Institute for eight years, and speaks nationally and internationally about her approach. Dr. Toomey is the president of Toomey & Associates, Inc., and acts as a clinical consultant to the Feeding Clinic at STAR Institute.

Speaker Disclosure:

Financial: Kay Toomey is in private practice. She receives a consulting fee from Nestle Infant Nutrition/Gerber division. She receives a speaking fee from Education Resources, Inc.; and SPD Foundation/STAR Institute. Dr. Toomey receives a speaking honorarium from PESI, Inc.
Non-financial: Kay Toomey is a member of Feeding Matters.

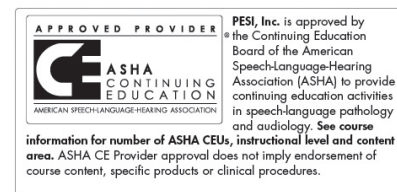
CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Marriage and Family Therapists, Nurses, Occupational Therapists, Psychologists, Social Workers, Speech-Language Pathologists.**

For specific credit approvals and details, visit pesirehab.com/webcast/85106

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.**



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This activity is pending approval from the National Association of Social Workers.

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June 8, 2021 [PWZ85105]

\$219.99 tuition

8am Pacific time

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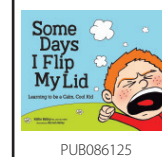
DVD (Option 3)

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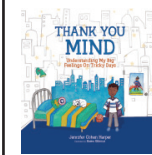
Recommended Reading:



Some Days I Flip My Lid
Learning to be a Calm, Cool Kid
Kellie D. Bailey, MA, CCC-SLP, MMT/SEL &
Hannah G. Bailey, BA

~~\$16.99~~ **\$12.99***

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Thank You Mind
Understanding My Big Feelings on Tricky Days
Jennifer Cohen Harper, MA, E-RYT, RCYT

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QUESTIONS

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