

NOW OFFERING



SOS[®]

Approach to Feeding

WHAT IS SOS?

The Sequential Oral Sensory (SOS) approach to feeding is a gentle, whole-child method used to help individuals who have difficulty eating. It looks at all the factors that can affect feeding - like how the mouth works, sensory sensitivities (such as taste or texture), medical history, nutrition, and overall development.

Instead of forcing new foods, SOS helps people become more comfortable with eating step by step. This might start with simply being around a food, then touching, smelling, and eventually tasting it. The goal is to build confidence and skills over time so they can enjoy a wider variety of foods in a positive, stress-free way.

WHO CAN BENEFIT FROM SOS?

While designed for children ages 6 months to 7 years, this treatment can be effective for all ages.

- ✓ **"Problem Feeders" and picky eaters**
- ✓ **Sensory Processing Difficulties** (e.g. distress when touching, smelling, tasting new foods)
- ✓ **Children with oral motor delays** (e.g. trouble chewing, biting, managing food within mouth)
- ✓ **Difficulty transitioning to purees or solids**
- ✓ **Autism Spectrum Disorders**
- ✓ **Chronic choking, gagging, or vomiting**
- ✓ **Significant weight loss/poor growth (Failure to Thrive)**
- ✓ **Feeding tube dependent/weaning from tube feedings**

WHEN SHOULD I BE CONCERNED?

Consider a feeding evaluation if your child:

- ⚠ **Has poor weight gain or weight loss**
- ⚠ **Coughs, gags, or chokes during meals**
- ⚠ **Eats a very limited variety of foods or avoids entire textures**
- ⚠ **Strongly refuses or becomes upset during meals**
- ⚠ **Has difficulty transitioning to purees, table foods, or a cup**
- ⚠ **Mealtimes are consistently stressful for your family**

If your child has frequent choking, breathing concerns, or weight issues, it's important to seek prompt evaluation.

Have concerns? Talk with your child's provider about a referral!



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