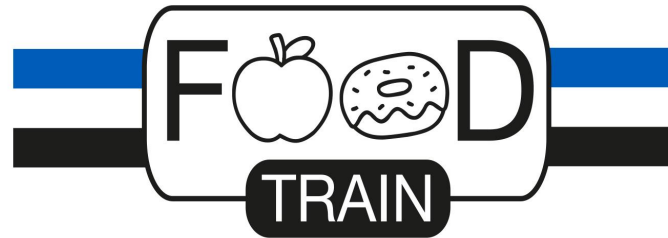




www.TherapyTrain.co.uk



Krupa Raja

Highly Specialist SLT

Advanced SOS Feeding Therapist

FoodTrain

Workshop & School Program

- The FoodTrain Workshop & School Program developed by Krupa Raja in 2015. Based on Dr Kay Toomey's SOS Approach to Feeding and is designed to share knowledge and strategies with parents, carers, teachers and other professionals supporting children with additional/special needs.
- The efficacy of the FoodTrain Workshop - researched as part of a MSc Research Project through City University and in association with Celia Harding - Senior Lecturer and Research Fellow at City University London
- Krupa has permission from Dr Toomey & Associates to distribute and deliver this SOS based FoodTrain Workshop

Raja, K (2015)

City University London

Exploring the efficacy of training for parents /carers and teaching staff of school aged children with complex needs who have sensory/behavioural feeding issues'

Documentation of the effectiveness of the use of the General Treatment Strategies component of the SOS Approach to Feeding program

Raja, Krupa (2015) City University London – caregiver workshop based on SOS Approach to Feeding

- 33 caregivers = teachers or support staff, parents/carers and other education professionals participate – Access to 4-hour workshop
 - 5–7-year-old children placed in a Special Needs School environment with a diagnosis of Autism, Developmental Disabilities, Complex Needs
- Caregivers completed 3 questionnaires throughout the study

Questionnaires

Caregivers completed 3 questionnaires throughout the study

1. Pre-Study/Pre-Workshop – 46 Questions / Baseline Data
2. Post Workshop – 11 Questions
3. 6 weeks Post-Workshop – 60 questions

Pre-Study / Pre-Workshop Questionnaire

Pre-Study/Pre-Workshop

#1 = 46 questions

1. Environment/routines at meals
2. Level of independence/skills
3. Food/drinks consumed; behaviors at meals
4. Emotional well-being/quality of life
5. Knowledge and confidence of caregivers re: feeding issues and managing feeding anxieties during mealtimes

Post-Workshop Questionnaires

#2 = 11 questions post workshop re: caregivers' new knowledge, levels of confidence and effectiveness of workshop

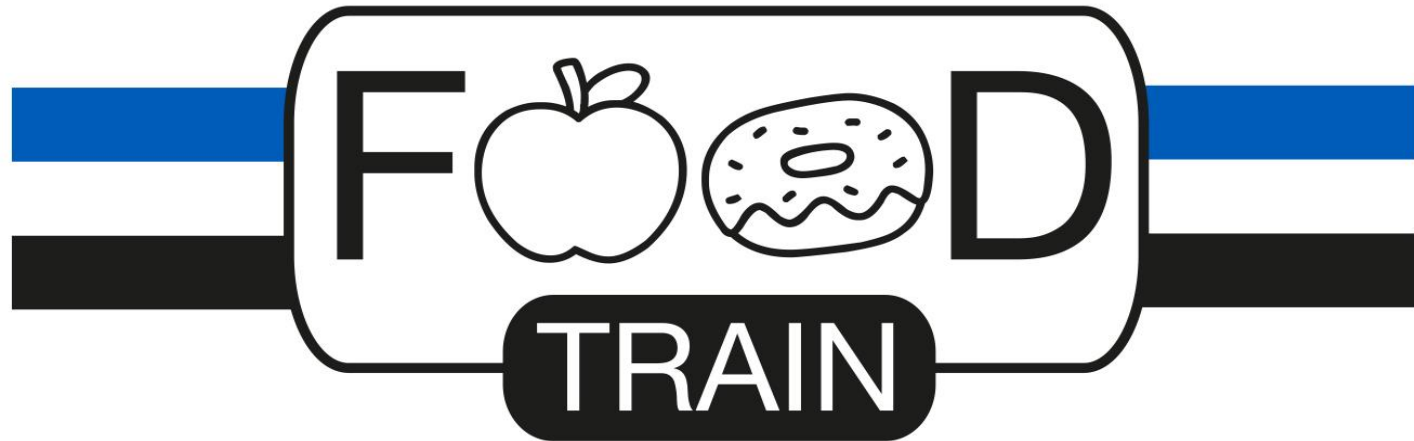
#3 = Final questionnaire - 40 questions from questionnaire #1 + 20 questions re: **Implementation and Caregivers' Perception of Response to implemented guidelines**. Administered 6 weeks post training.

Post Workshop Results

Results 6 weeks Post-Workshop:

- Decreased use of distraction $p = .001$
- Increased ability to participate in family style meals $p = .004$
- Increased independent finger feeding $p = .003$
- Increased independent spoon use $p = .001$
- Increased independent straw use $p = .02$
- Increased eating of balanced meals $p = .02$
- Increased consumption of fruits ($p = .000$) and vegetables $p = .001$
- Increased sitting at meals ($p = .01$); decreased running away ($p = .006$)
- Decreased negative reactions to new foods $p = .001$
- Decreased child emotionality and anxiousness at meals $p = .001$
- Decreased caregiver stress at meals $p = .02$
- Increased caregiver confidence at meals $p = .001$

6 Hour Workshop & School Program



Developed into 6 hours – Full Day

1. 6 Hour – Full Day School Inset / Training
2. 2 x ½ Day Sessions – Zoom Online

→ Plus 90mins -1:1 Support – Building a mealtime routine personalised to child/environment/team

Parent Governor

"So much good information given. Lot's to think about and implement..

Very experienced and knowledgeable facilitator.

Krupa shares lots of ideas and individual feedback with great interaction with the audience.

Excellent, excellent, excellent - what more can I say.

I would recommend this workshop to parents, carers, teachers/professionals without any pause"

Nash Rajan - London

Student Teacher

"It was fun and engaging because it was practical, Also, because the session was so interactive, it was easy to focus, engage and learn.

It was evident that Krupa had a wealth of knowledge and expertise. I think she has fantastic presentation skills making it really easy to understand and access the content"

Wyvil Centre for Children with Autism

Teaching Assistant

"It doesn't matter how long I have been working with Autism. I always learn with your trainings -

Always clear and FUN.

Thank you!"

HLTA

Lambeth Teaching Alliance

Teacher / Senior Leadership

"The information was incredibly relevant for the setting we are in. I liked the research statistics and enjoyed learning more about why Therapists may give certain recommendations. The practical advice was the best part of the training. We implemented your strategies consistently for 2-3 weeks before really noticing the change. My entire year group now enjoy mealtimes.

Thank You"

Special School for Children and Young People with Autism - Essex

Occupational Therapy Assistant

"This workshop is so so helpful and eye-opening. I will definitely change my approach to lunch times 100%. Everybody should absolutely attend this workshop.

Krupa is fantastic at tailoring advice and activities to individual needs"

OT Assistant - London

Dietician NHS

"I would absolutely recommend this workshop. It's great for parents, teachers and professionals like myself.

During the workshop I just kept wondering why other institutions don't have access to such important training.

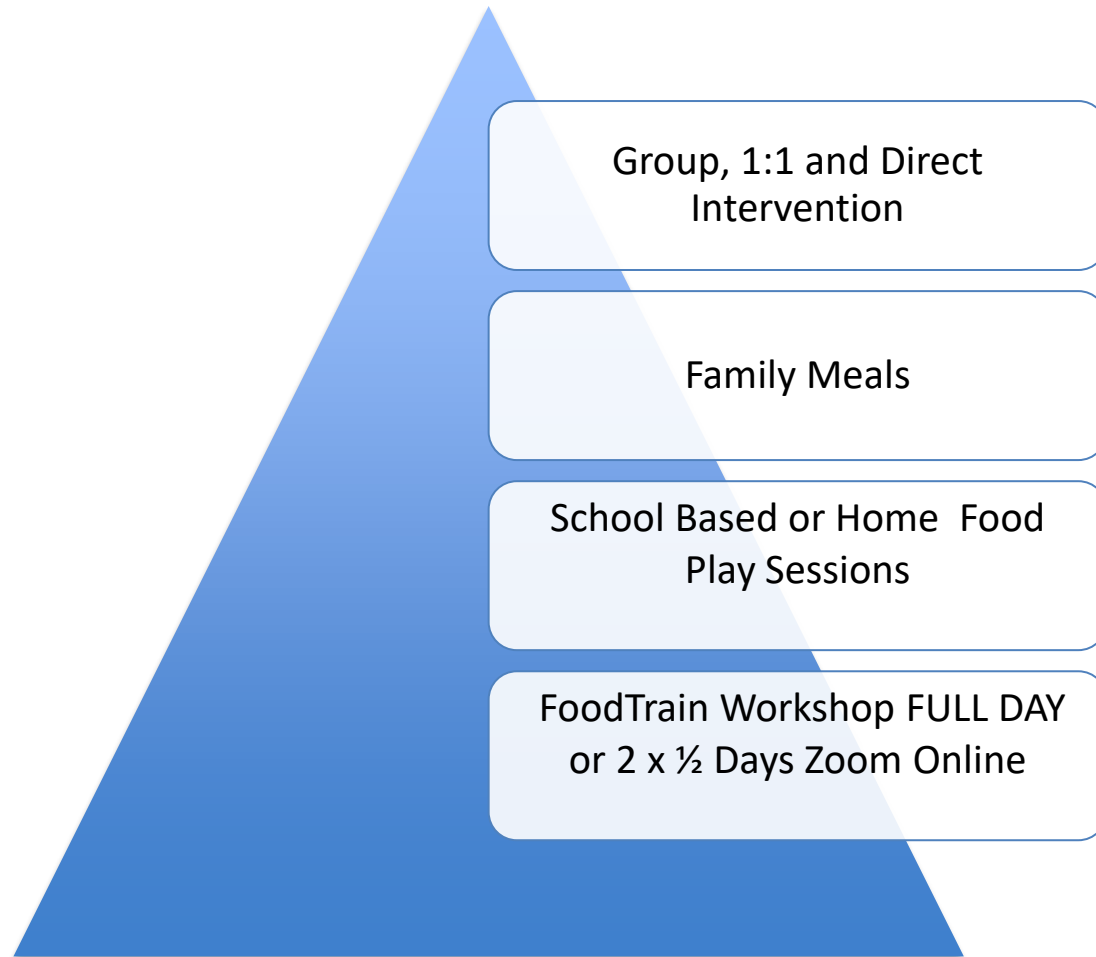
I 100% encourage any SEND setting or parent organisation to attend or host a workshop. I'm really excited to further my CPD in SOS

Feeding

We loved hosting this workshop Thank You"

NHS -Community Services London

3 Stage Process – FoodTrain Workshop & School/Home Program



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