



FEEDING THERAPY SERVICES

BASED ON  **SOS**[®]
Approach to Feeding



scheduling@speechwarrior.com

www.littlewarriorstherapy.org



Our Approach

At Little Warriors, we are dedicated to supporting children with feeding challenges through **evidence-based** and **individualized therapy**.

We utilize the **SOS (Sequential Oral Sensory) Approach to Feeding** in our feeding therapy sessions.

This program is designed to address feeding difficulties in children by focusing on the **sensory, oral-motor, cognitive**, and **emotional** aspects of eating. The SOS Approach emphasizes a **play-based, child-centered framework** to create positive and enjoyable mealtime experiences.

Pediatric Feeding Disorder (PFD) is defined as impaired oral intake that is not age-appropriate and is associated with medical, nutritional, feeding skill, and/or psychosocial dysfunction. Our therapy approach focuses on addressing feeding skill development and sensory-based feeding challenges.

We specialize in the following areas:

- **Sensory-Based Feeding Therapy:** Helping children with picky eating or sensory sensitivities to explore and accept new foods and textures.
- **Oral-Motor Therapy:** Strengthening the muscles and coordination needed for safe and effective eating.
- **Improving Mealtime Behaviors:** Reducing stress for both the child and caregiver to create a more positive mealtime experience.

While we are not equipped to manage medical-based feeding issues, such as enteral feeding or severe failure-to-thrive cases, we are committed to providing comprehensive support within our scope of care.





The **SOS Approach** is widely recognized for its **effectiveness** in treating feeding challenges in a **compassionate, evidence-based manner**. By focusing on gradual, stress-free progress, the approach fosters **lasting improvements in feeding skills** and overall confidence.

The SOS Approach to Feeding was developed by Dr. Kay A. Toomey and is **designed to support children with feeding challenges, including picky eating, food refusal, and sensory sensitivities**. The program encourages children to interact with food in a safe, non-threatening way, progressing through a series of developmental steps to **build comfort and confidence** with eating.

Core Principles of the SOS Approach

- **Whole-Child Focus:** The approach considers all aspects of a child's development—physical, sensory, cognitive, and emotional.
- **Play-Based Learning:** Therapy is fun and engaging, incorporating food exploration through play to reduce stress and anxiety around mealtimes.
- **Gradual Progression:** Children are guided through a hierarchy of feeding steps, starting with tolerating food in their environment and progressing to smelling, touching, tasting, and eventually eating.
- **Parent Involvement:** Caregivers are actively included in the process to support progress at home and promote a positive mealtime environment.

In our feeding sessions, we incorporate the **principles of the SOS Approach** to help children: overcome **sensory** aversions, develop **oral-motor skills** necessary for chewing and swallowing, build a **positive relationship** with food/ mealtime, and **increase dietary variety** and nutritional intake.

Our therapists are trained in the SOS Approach and tailor each session to **meet** each child's **individual needs**, ensuring therapy is both **effective** and **enjoyable**.

Early Intervention Matters



Feeding difficulties can significantly impact a child's development and quality of life. By addressing these challenges early, **we can support:**

- **Proper growth** and **nutrition**.
- Development of **age-appropriate feeding skills**.
- **Improved social** and **emotional experiences** during mealtimes.

Contact our office for more information or to schedule a feeding evaluation!



Speech Warrior Speech Therapy

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Insurance Information

We are in-network with the following insurances:



Our insurance & Billing Specialist verifies the insurance benefits as they pertain to speech & language services for each and every client, ensuring they are aware of any copayments, deductible requirements, etc. before they even come in for an evaluation.

If a client is out-of-network, we will provide them with a superbill to submit to their insurance for reimbursement.

Any questions pertaining to Insurance & Billing can be emailed directly to billing@speechwarrior.com

