

Lunch Bunch Group | Summer 2022

Little Hands is offering an 8-week feeding group for ages 6 to 10 years old. The group will begin on June 13th 2022 and be held weekly on Mondays from 11:30 a.m. to 1 p.m.

Over the course of 8 intensive treatment sessions, children will participate in play-based activities incorporating a variety of foods and a whole-body approach to eating which encompasses postural control, oral motor skills, behavior, learning, sensory processing, and nutritional considerations.

Lunch Bunch Group will be facilitated by two occupational therapists, using tenets from the evidence-based Sequential Oral Sensory (SOS) Approach to Feeding. It emphasizes play-based systematic desensitization to aversive foods to teach children to eat, explore, and enjoy a wide range of foods.

Our feeding groups at Little Hands adhere to a basic tenet of the SOS Approach- meet children at their developmental feeding level. This means that we never force a child to eat a non-preferred food. Instead, we guide children in climbing a developmental hierarchy of feeding skills and behaviors through active play and interaction with a variety of foods. This evidence-supported approach contributes to long-term improvement, so that children are able to increase food diversity comfortably and successfully at home, school, on playdates, at birthday parties, and everywhere in between.

Using a peer group model is an incredibly effective and powerful treatment modality in feeding therapy. Children can make rapid progress when motivated by peer-models with similar feeding challenges. Parents also take an active role in feeding interventions with ongoing coaching and home recommendations implemented to support carryover of skills for both the parent and child.

Is the SOS Approach to Feeding right for my child?

- My child eats a restricted range or limited variety of foods (typically less than 20)
- My child refuses entire categories of foods
- My child eats entirely different foods than the rest of the family at meal times
- Mealtimes are an ongoing challenge
- I would characterize my child's feeding habits as extremely "picky"
- My child is over-reactive to smells or tastes to the point of gagging or vomiting
- My child has a history of sensory-processing difficulties

SUMMER SCHEDULE DETAILS

- We will not have a July 4th session, so Lunch Bunch runs from June 13- August 8th, 2022
- 90 minute sessions will encompass sensory-motor warm-ups, food play, and food exploration.

GETTING STARTED

To ensure appropriate peer pairings and group treatment goals, we are scheduling feeding therapy evaluations now. Please email our clinic coordinators, Courtney co@littleshandsot.com to schedule an initial feeding evaluation and please submit **both** our [OT intake form](#) and [feeding history questionnaire](#), which can be filled out online.