



Food School Groups | Summer 2023

We are excited to announce that Little Hands will be offering 2 Rounds of Intensive Feeding Groups for Preschool and Elementary ages this Summer! Groups will be on the following dates:

Preschool Groups Ages 3-5

Round 1: June 12th - 30th

- 2x/week for 90 minute sessions on Tues/Thurs from 2:00-3:30pm (6 sessions total)

Round 2: August 1st - 18th

- 2x/week for 90 minute sessions on Tues/Thurs from 2:00-3:30pm (6 sessions total)

Elementary Groups Ages 6-10

Round 1: June 12th - 30th

- 2x/week for 90 minute sessions on Tues/Thurs from 12:00-1:30pm (6 sessions total)

Round 2: August 1st - 18th

- 2x/week for 90 minute sessions on Tues/Thurs from 12:00-1:30pm (6 sessions total)

Cost: \$2,700 for 1 round & \$5,100 for both rounds

During treatment sessions, children will participate in play-based activities incorporating a variety of foods and a whole-body approach to eating: This encompasses postural control, oral motor skills, behavior, learning, sensory processing, medical needs, and nutritional considerations.

Food School will be facilitated by occupational therapists, using sensory-based OT feeding techniques to emphasize play-based systematic desensitization to non-preferred 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 meeting 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.

We offer feeding interventions using a peer group model, as this 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 Feeding Therapy Right For My Child?

- My child eats a restricted range or variety of foods (typically less than 20)
- My child refuses entire categories of foods
- My child cries, screams, or is easily distressed when new foods are presented
- My child usually 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
- My child has motor development challenges

What's Included In Each Round:

- 3 weeks of intensive OT feeding therapy (90 minutes 2x/week for a total of 6 sessions)
- Written progress report at the end of the 3 weeks
- Parent consultation via Zoom to review progress, continued recommendations, and provide parent education.

How Can We Join?

- For families who are currently receiving OT feeding therapy OR have participated in a previous OT Feeding group: Please respond to this email with your interest and complete an updated food list & update any food allergies or dietary restrictions.



- For new families who have not received OT feeding services: To ensure appropriate peer pairings and group treatment goals, we require an initial screening to assess group readiness and appropriate fit for our sensory-based intervention approach to feeding. Please email our clinic coordinator, Emily at eo@littlehandsot.com to schedule an initial screening and submit our initial [OT Intake](#) and [Feeding History Questionnaire](#) forms that can be downloaded directly from our website.

Let's make food fun!

- Space is limited to 4-6 children per group.
- Food School sessions will be prepaid and given the nature of the feeding intervention and pacing of therapy activities in a group setting, we will not be offering make-ups for any missed food school sessions.
- Food school **enrollment closes Friday June 2nd**

Should you have additional questions about billing, please contact Emily at eo@littlehandsot.com

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