



❖ What is Food School?

Over the course of 11 treatment sessions, children participate in play-based activities incorporating 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 a responsive approach to feeding, with tenants from the evidence-based Sequential Oral Sensory (SOS) Approach to Feeding. It emphasizes play-based exposures and opportunities to learn about novel and non-preferred foods to teach children to explore, interact with, 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 meaningful progress when motivated by peer-models with similar feeding challenges. It is essential that parents and caregivers also take an active role in feeding interventions with ongoing coaching and implementing home recommendations to support carryover of skills.