



FOOD SCHOOL

For fussy and problem eaters

Based on the principles of the SOS (Sequential-Oral-Sensory) Approach to fussy eating, this group program aims to increase children's tolerance of exposure to new foods and build oral motor skills. SOS is an evidence-based approach to working with children who are fussy eaters. This group will be run by our SOS trained therapist.

YOUR CHILD WILL LEARN TO:

- Participate in a play-based group alongside their peers
- Have positive experiences with food
- Increase willingness to try different foods



YOU, AS A PARENT WILL:

- Learn the cues to eating
- Understand the steps that are involved in eating
- Create a feeding routine at home
- Know your child's limits
- Get support from other parents and staff

ELIGIBILITY:

The group program is most suited to children aged 3-6 years who are fussy or problem feeders. Your child must complete an assessment prior. Enquire with your therapist.

