Food Explorers

An interactive group to fit your child’s feeding needs

Does your child have:

- A food range of less than 20 foods
- Ongoing trouble with weight gain
- A tendency to cough, gag, choke, or vomit while eating or drinking
- Avoidance for foods that have the same texture, taste, or belong to the same food group
- A battle with each meal time
- Transitioning from tube feeding to oral feeding

A group for children ages 2-7 and their parents to explore the world of problem feeding. The group follows the Sequential Oral Sensory (S.O.S) approach to feeding. It is led by a licensed occupational therapist, Christine Hall, MA OTR/L, who will assist in laying out positive approaches to feeding and strategies that can be utilized in the home. A variety of challenging mealtime and feeding behaviors will be addressed.

Participants will:

- Increase tolerance for the smell, color, taste, shape, consistency, texture of food
- Learn about foods by playing in a non-stressful way
- Have active parent involvement
- Improve parent-child relations
- Learn the steps to eating
- Discover the impact of social and behavioral learning on eating
- Learn appropriate skills needed for feeding

Group participants will meet once weekly for 90 minutes for 12 weeks. Parents need to attend at least 9 of the 12 sessions, as well as administer therapist’s recommendations in the home to achieve the greatest gains.

All Groups are based on a private pay format. Please contact Therapy OPS for more information.

THERAPY OPS
2925 Buckley Way, Inver Grove Heights, MN 55076
651-455-0561 www.TherapyOPS.com