



**1to1 Therapy Services**

## Food Explorers Summer Camp



### Do you need meal time help with your picky eater?

1to1 Therapy Services is hosting, Food Explorers, Summer Camp in July and August for children who are picky eaters. The camp will be led by a registered Occupational Therapist trained in the Sequential Oral Sensory (SOS) approach to feeding.

#### Sequential Oral Sensory Approach to Feeding (SOS):

The SOS approach to feeding therapy allows children to engage with foods in an exploration based format in order to expand their food repertoire. The program will incorporate movement, sight, sound, smell, touch and taste. The program is led by certified Occupational Therapists experienced in treating picky eaters and problem feeders. The program requires the participation of a parent for parent training, education and support.

#### This group is ideal for children:

- With specific food aversions (textures or tastes)
- Eating a limited number of foods or from limited food groups
- Having difficulty tolerating or trying new foods
- Having difficulty participating in meal time routines

#### Eligibility Requirements:

- Children 5-9 years of age attending with a parent
- Ability to participate and attend in a group
- Eligibility screening will be completed including a comprehensive case history
- Children who are medically cleared to eat all textures

**Program Dates:** July 23<sup>rd</sup>-27<sup>th</sup> and August 13<sup>th</sup>-17<sup>th</sup> 2018

**Time:** 10:00am-1:00pm (3 hours)

**Cost:** \$600 per week (May be claimed under your Occupational Therapy insurance benefit)

**Location:** 50 McIntosh Drive, Suite 252 Markham ON

**To Register:** Contact Jessica Lamb (Care Coordinator) at 905-787-1900 ext 557

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