

April 20 & 21, 2007 • Boston, Mass.

# More than Picky: Take the Fight out of Food with Food Chaining<sup>®</sup>

ADVANCED COURSE

## A Multidisciplinary Treatment Approach to Treating Feeding Aversion for Infants and Children

PRESENTED BY: **Sibyl Cox, MS, RD, CLC**  
**Cheri Fraker, MS, CCC/SLP-L, CLC**  
**Laura Walbert, MS, CCC/SLP-L, CLC**

COST: **\$394** includes an extensive course syllabus, continental breakfast, refreshment breaks and Certificate of Attendance

REGISTRATION DEADLINE: **April 12, 2007**

### COURSE OVERVIEW

This advanced course will instruct professionals in evaluation and treatment of children with complex feeding and swallowing disorders. Multidisciplinary evidence-based information pertaining to pediatric feeding disorders will be presented. It will focus on strategies to develop Food Chaining<sup>®</sup> programs as part of a multidisciplinary treatment approach for children with autism, cerebral palsy, food allergy/special diet needs, feeding aversion, prematurity, visual impairment, sensory and/or behavioral feeding disorders. Participants will be instructed in Pre-Chaining and Food Chaining<sup>®</sup> programs and learn the techniques of analysis of the core diet, flavor mapping, flavor masking, transitional flavors and use of rating scales to introduce foods in a systematic manner. Participants will write food chains and develop treatment strategies throughout the course. DVD case studies will be utilized to enhance learning and facilitate audience interaction.

### COURSE OBJECTIVES

By the conclusion of this course, the participant will be able to:

- discuss nutritional status and readiness for intervention;
- describe the complexity of pediatric feeding disorders and the need for multidisciplinary assessment programs;
- develop complex, multidisciplinary treatment programs for children with diagnoses of autism, prematurity, cerebral palsy, feeding aversion, food allergies, behavioral and/or sensory-based feeding disorders;
- apply the techniques of Food Chaining<sup>®</sup>: analysis of the core diet, the techniques of flavor mapping and flavor masking, use of transitional flavors, and the rating scales for identifying food progression and monitoring progress.

**WHO WILL BENEFIT** – Speech/Language Pathologists, Occupational and Physical Therapists, Early Intervention Specialists, Dietitians and others who are working with Feeding Aversion.

<b>SPECIFICS TO BE ADDRESSED:</b>	
<b>DAY ONE (Friday)</b>	
<b>TIME</b>	<b>TOPIC</b>
7:30-8:00 am	Registration /Continental Breakfast
8:00-9:15	Readiness for Intervention <ul style="list-style-type: none"> <li>• Interpretation/significance of medical and feeding history, analysis of growth charts</li> <li>• Nutritional status: Is the patient ready for treatment?</li> <li>• Nutritional intervention and appropriate appetite manipulation</li> <li>• Evaluation of the swallow</li> <li>• Research on food chaining programs</li> </ul>
9:15-10:15	Overview of pre-chaining and food chaining programs <ul style="list-style-type: none"> <li>• Preventative care programs, analysis of the core diet, flavor mapping, texture preferences, transitional flavors, getting started, breaking food jags</li> </ul>
10:15-10:30	Break
10:30-Noon	Special topics <ul style="list-style-type: none"> <li>• Programs for children with autistic spectrum disorder, meal time preparation, initial chains, anchor foods, social stories, and picture schedules</li> </ul>
Noon-1:15	<b>Lunch on your own</b>
1:15-2:45	Autistic Spectrum Disorder <i>continued</i> <ul style="list-style-type: none"> <li>• Gluten casein diets, DVD case studies, writing food chains and program development</li> </ul>
2:45-3:00	Break
3:00-5:00	Programs for children with cerebral palsy <ul style="list-style-type: none"> <li>• Nutritional needs, growth and impact on feeding, positioning, oral motor programs, DVD case studies, writing food chains and feeding program development</li> </ul>
<b>DAY TWO (Saturday)</b>	
7:30-8:00 am	Continental Breakfast
8:00-9:15	Feeding aversion, sensory-based and behavioral feeding disorders <ul style="list-style-type: none"> <li>• Parent education, the feeding environment, multi-disciplinary evaluation/treatment process, expanding the food repertoire, food chaining programs</li> </ul>
9:15-10:15	Writing food chains and program development
10:15-10:30	Break
10:30-Noon	Special diet needs (review of food allergies, renal diet, eosinophilic esophagitis, ketogenic diet) <ul style="list-style-type: none"> <li>• Supplements and special formulas, the evaluation process and implementing treatment programs, food chaining programs</li> </ul>
Noon-1:15	<b>Lunch on your own</b>
1:15-2:45	Programs for preemies, multi-challenged, and medically fragile children <ul style="list-style-type: none"> <li>• Failure to thrive/poor weight gain, dysphagia evaluation, and multi-disciplinary management programs, programs for the child with visual impairment</li> </ul>
2:45-3:00	Break
3:00-4:00	Analysis of case studies
4:00-4:45	Audience participation: writing food chains (please bring sample of a restricted food repertoire to the group interaction session)

The Fraker/Walbert/Cox Food Chaining<sup>®</sup> program has been discussed in an article on picky eaters in the *Wall Street Journal*, *Chicago Tribune* and *FOX News*. It has also been presented and published internationally: *Journal of Nutrition in Clinical Practice*, *Journal of Pediatric Gastroenterology, Hepatology, and Nutrition*; World Gastroenterology, Hepatology and Nutrition Conference in Paris, France; and the 58th-59th American Academy of Cerebral Palsy and Developmental Medicine annual meetings.

# SUBURBAN BOSTON

### WHEN & WHERE?

• **April 20 & 21, 2007**  
**Boston-Natick, Mass.**

**Crowne Plaza Boston-Natick**  
1360 Worcester Street  
Natick, Massachusetts

**PARKING** – complimentary  
**DIRECTIONS** – across the street from Natick Mall.

### CONTINUING EDUCATION RECOGNITION

Each participant will receive a certificate documenting attendance/contact hours (see General Information for more details).

**CEPA is approved by the CEB of ASHA to provide continuing education programs.**

**Food Chaining<sup>®</sup> Course** = offered for 1.4 CEU's or 14 contact hours/clock hours.

Content Area = Professional  
Instructional Level = Advanced

### OVERNIGHT ACCOMMODATIONS

- **Crowne Plaza Boston-Natick**  
1360 Worcester Street  
Natick, Massachusetts  
508-653-8800 HOTEL DIRECT  
Rates: Single or Double \$109\*

**Cutoff on rooms – March 29, 2007**

**HOTEL AMENITIES** – suburban hotel with complete fitness center and complimentary shuttle within the area. Shopping and dining within walking distance.

**ARRIVING BY AIR?** – suggest Logan Express – runs every 30 minutes. Take bus to Framingham, Mass. stop. Call the hotel 508-653-8800 and they will pick you up. Cost \$13 each way.

\*When reserving a hotel room, identify yourself with CEPA to obtain these rates.