



## What makes our program unique?

**Group Format:** Children feel more confident learning new skills amongst same-aged peers with similar challenges

**Live-Video Feed:** Each session parents get to watch their child learn new skills in the group and see their child make real-time progress

**Parent Support:** While the children are learning how to interact with food, parents are engaged in group lessons led by an SOS-trained social worker. This program connects parents with other families going through the same situation.

**Home Consults:** This ensures new skills and strategies used in the clinic setting generalize to the home environment

Nothing is more frustrating than having a child that won't eat!

**We can help** figure out what is getting in the way of having more positive mealtime experiences and provide you with the tools you need to support your child in this journey!



For more information, call or email us at:  
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## Food School:

Helping make meal time fun again

*An SOS Approach  
to Feeding  
Challenges*



**Teekoz Kids**  
*Pediatric Occupational  
Therapy*

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## FAQ's

### What is Food School?

Food School is a 12-week program based on the SOS Approach to Feeding. SOS stands for Sequential-Oral-Sensory. This program is designed to assess and address **all** of the factors involved in feeding difficulties. Individual and group format based on needs.

### Who is on the Food School team?

- Occupational therapists
- Clinical Social Worker
- Parents

Having an interdisciplinary team ensures the sensory, motor, emotional, behavioral, and parenting needs are all addressed to help carryover skills in the clinic to the home for long-lasting changes.

## Does this sound familiar?

Does your child...

- ...Eat less than 20 foods?
- ...Scream/cry when 'new' foods are presented?
- ...Avoid certain food groups?
- ...Have aversions to textures, tastes and smells?
- ...Have overall difficulties with eating and drinking?
- ...Have mealtime 'behaviors'?
- ...Seem to have a fear of food?
- ...Have foods they once loved to eat, but refuses them now?
- ...Have to have the TV or iPad on in order to eat?
- ...Refuse to eat with other people or in other environments?

**We know it can be stressful to have a child who struggles with food.  
Our program can help make mealtime pleasant and fun again!**