How We Learn to Eat: Building the Foundation for Successful Mealtimes

November 11 & 12, 2016
Health Sciences Campus
Center for Health Professions
1540 Alcazar St., Room 111
Los Angeles, CA 90089

ABOUT THE SPEAKERS

Brian Hamill Pollard, OTD, OTR/L, SWC, CLE, CIMI has 13 years of experience as a pediatric OT. She has spent the past 8 years working at Children's Hospital Los Angeles on the outpatient therapy team. Her areas of expertise include pediatric feeding and swallowing, lactation support, infant mental health and sensory processing. Brianna is involved with research studies at CHLA and has presented at national and international conferences. She is very passionate on improving the practice of care to better meet the needs of all families in all aspects of medical care. She strongly believes OTs have an important role to play by being an advocate for children and their families through direct intervention, program development, community training and public policy planning.

Judy Hopkins, OTD, OTR/L, SWC, CLE has 20 years of experience as an OT specializing in pediatric feeding and swallowing in medically complex children. She works at Children's Hospital Los Angeles on the acute team. Her areas of expertise include pediatric feeding and swallowing, modified barium swallow studies, lactation support, high risk infant and critical care. Judy is a frequent presenter at state and national conferences. Passionate about working with children with feeding disorders, Judy enjoys sharing her medical knowledge and intervention strategies with OTs and other professionals to equip them to bring children from diagnosis to dinnertime.

Aviril Sepulveda, MS, OTR/L, BCP, SWC, PAMS, CIMI is a board certified pediatric OT with over 15 years of experience in the field. She works at Totally Kids Specialty Healthcare as the Director of Rehabilitation and at Children's Hospital Los Angeles on the outpatient team. Her areas of expertise include OT interventions on infant development and feeding, pediatric feeding in medically complex children, sensory processing, lactation support, VitalStim and infant-maternal mental health. She has presented at a national conference and has developed programs in the United States and in the Philippines. She is a board member for 2020mom, a non-profit that bridges the gaps in maternal mental health through collaboration, education and advocacy. Aviril is also the founder of The En/ability Project, a Philippine-based non-profit that promotes awareness on early screening, detection and intervention for prevention of developmental disabilities in underserved areas in Cebu, Philippines.
**Course Description**

How do infants and young children learn to eat? What happens when children do not learn the skills they need to eat? This course provides an overview of current research on typical and atypical feeding from infancy through toddlerhood. Through review of videos, case studies and hands on clinical laboratory activities, it will describe practical strategies to address bottle feeding, transition to solids, texture progression, chewing, self-feeding, oral aversion, food refusal and feeding interventions with typical and medically fragile populations.

**Learning Objectives**

Upon completion of the course, participants will be able to:

- Identify typical feeding milestones from infancy through the first three years of life
- Identify typical and atypical anatomy/physiology of oral motor feeding and swallowing
- Recognize early signs of atypical feeding patterns
- Apply and demonstrate techniques used to support transition from breast/bottle to solid foods
- Describe interventions that support infant/caregiver feeding dyad and the occupation of infant mealtime

**Agenda**

**Friday, November 11**

8:30    Intro; Prevalence; What does research tell us? How we learn to eat
9:30    Infant feeding (0-4 mo.); Importance of dyad-co-occupation
10:15   Break
10:30   Anatomy; Neurobiology of infant feeding
11:45   Lunch (on own)
12:45   Atypical feeding development; Critical windows; Interventions for infants; Case study; Infant feeding (5-12 mo.); Typical feeding development
2:30    Break
2:45    Continue w/ Atypical feeding development; Interventions for infants; Case study until 4:30

**Saturday, November 12**

8:30    Infant feeding (12-24 mo.); Typical feeding development; Atypical feeding development
10:30   Break
10:45   Interventions; Case study; Infant feeding (24-36 mo.); Typical feeding development
12:00   Lunch (on own)
1:00    Atypical feeding development; Interventions; Case study
2:30    Break
2:45    Feeding interventions with special populations; Case studies
4:15    Wrap up
4:30    Learning outcomes and Course evaluation

**Registering for How We Learn to Eat**

Name: __________________________
Title: __________________________
Address: ________________________
City: ____________________________
State: ________ Zip: ______________
E-mail: __________________________
Phone: __________________________

☐ AOTA #: __________  ☐ USC Alumni

**Fees and Discounts**

$250 (regular); $225 for AOTA members, USC Chan OSOT alumni, and early registration (at least 3 weeks prior to course date).

**Ways to Register**

To pay by check:
Make check payable to USC Chan OSOT and mail to:
Jackie Mardirossian, USC Chan OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

To pay by credit card:

☐ MasterCard  ☐ Visa

Total Amount: ______________________
Card #: __________________________
Expiration: _______________________
CVV Code: _______________________
Signature: _______________________

Mail to the address above or fax to (323) 442-1540, attn.: Jackie Mardirossian.

You will receive an email confirmation upon receipt of registration.