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

February 8 & 9, 2019
Health Sciences Campus Center for Health Professions
1540 Alcazar St., Room 112
Los Angeles, CA 90089

Earn 1.3 CEUs (13 Contact Hours)

ABOUT THE SPEAKERS

Briana Hamill Pollard, OTD, OTR/L, SWC, CLE, CIMI has 16 years of experience as a pediatric OT. She has spent the past 11 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. Briana 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 over 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.

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AOTA Classification Codes: Feeding; Infants; Intervention
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 early childhood. 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 five years of life
- Identify typical and atypical anatomy/physiology of oral motor feeding and swallowing
- List key strategies for effective parent education
- 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 mealtime

AGENDA

Friday, February 8
8:30  Intro; Prevalence; What does research tell us? How we learn to eat
9:30  Anatomy and neurobiology of feeding and swallowing
10:15  Break
10:30  Swallowing assessment: Bedside, MBSS, FEES
11:00  Swallowing interventions; Case study
12:00  Lunch (on your own)
1:00  Infant feeding (0-6 mo); Typical/atypical development, critical windows, co-occupation, assessment, intervention, nutrition; Case study
2:30  Break
2:45  Infant feeding (6-12 mo); Typical/atypical development, baby led weaning/complimentary feeding, assessment, intervention, nutrition; Case study
3:45  Toddler feeding (12-18 mo); Typical/atypical development, sensory development, assessment, intervention, nutrition; Q&A

Saturday, February 9
8:30  Parent education: parent readiness, integrating parenting styles into the treatment plan
9:30  Toddler feeding (18-24 mo) Typical/atypical development, neophobia, assessment, intervention, nutrition
10:30  Break
10:45  Toddler feeding (24-36 mo) Typical/atypical development assessment, intervention, nutrition; Case study
12:00  Lunch (on your own)
1:00  Preschool feeding (3-5 yrs) Typical/atypical development, division of responsibility, assessment, intervention, nutrition; Case study
2:30  Break
2:45  Feeding interventions with special populations; ARFID, picky eaters, tube fed, CP, preemies, autism
3:45  Building your toolkit; Q&A

WAYS TO REGISTER

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FEES AND DISCOUNTS: $380 (REGULAR) OR $342 FOR AOTA MEMBERS, USC CHAN OSOT ALUMNI, AND EARLY REGISTRATION (4 WEEKS PRIOR TO COURSE DATE).

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