

Donna Legge-Nevelt

is proud to present

BEST Guide to Picky Eating: A Comprehensive Introduction to Sensory-Based Feeding Challenges in Children and Youth

By Moira Peña, BScOT, MOT, OT Reg. (Ont.)

This one-day interactive *in-person workshop* will focus in advancing the knowledge base and skill level of allied health professionals and others who work with and support children and youth with neurodevelopmental disorders who experience sensory-based feeding challenges* (including, but not limited to, autism spectrum disorder, intellectual disability, anxiety and attention deficit/hyperactivity disorder).

The workshop will highlight the different sensory systems and their relationship to the occupation of feeding, recommended assessment approaches, factors that contribute to feeding challenges, strengths-based coaching approaches as well as BEST (Body, Emotional, Sensory & Thinking) evidence-based feeding interventions. Small group activities, case studies, practice opportunities, ongoing reflection and discussion will be utilized.

**Please note that the presenter's clinical experience is primarily with autism spectrum disorder and that the case studies/videos used will focus on children and youth on the autism spectrum. The course's content however can be applied to all children and youth who present with sensory processing differences.*

Target audience

This workshop is open to Occupational therapists, Occupational Therapist Assistants (OTAs), Board Certified Behavioural Therapists (BCBAs), Behaviour Therapists, Physiotherapists, Speech-Language Pathologists, Psychologists, Dietitians, Nutritionists as well as other Allied Health Professionals, Teachers and other Educational Support Staff who wish to further their clinical reasoning and skills to best support children and youth who experience sensory-based feeding challenges.

Presenter

Moira Peña, BScOT, MOT, OT Reg. (Ont.) is an experienced occupational therapist working at Holland Bloorview Kids Rehabilitation Hospital in Toronto who has dedicated her career to supporting children and youth on the autism spectrum and others who experience sensory processing differences. She is an Expert Hub Team member of the ECHO Ontario Autism Program which aims to further develop pediatricians', school psychologists' and teachers' skills to screen, diagnose and best support children and youth on the autism spectrum in Ontario. She has presented nationally and internationally to parents, teachers, pediatricians, occupational therapists and other allied health care professionals. She is a published researcher and the creator and host of Holland Bloorview's Autism Summit. Moira is also a Lecturer (Status Appointment) in the Department of Occupational Science & Occupational Therapy at the University of Toronto.

Learning objectives

By the end of this workshop, you will be able to:

1. Explain sensory processing, the eight sensory systems & their relationship to feeding skills
2. Learn to differentiate between picky eating and extreme picky eating (EPE)
3. Become familiar with relevant terminology and concepts such as ARFID (Avoidant and Restrictive Food Intake Disorder) & PFD (Pediatric Feeding Disorder)
4. Identify the sources of feeding challenges for neurodivergent children and youth
5. Gain an understanding of recommended assessment approaches
6. Select and implement BEST (Body, Emotional, Sensory and Thinking) evidence-based feeding interventions



Details and Registration Information:

- Date/ Time:** Friday, June 10, 2022; 8:30-4:30
- Location:** Lakeside Church, 7654 Conservation Road, Guelph N1H 6J1
- Registration Fee:** **\$310 (early bird** option until April 28, 2022); **\$345 until May 13, 2022**
(includes course materials, lunch and snacks)
- Accommodations:** Accommodation Options:
Delta Hotel Guelph (519) 780-3700
Hampton Inn and Suites (519) 821-2144
Fairfield Inn & Suites (519) 763-2339

Receipts and Certificates of Attendance will be provided to all attendees.

If you have any further questions, please call: Donna at (519) 820-4113