

Sequential Oral Sensory (SOS) Approach to Feeding

1. Tolerate: The goal of this step is to get the child to be comfortable having the undesired food item in the same space as them by gradually placing it closer and closer to where they are sitting. Then eventually on their plate.



The goal of this step is to get the child to prepare/set up food, using utensils to serve food to others then working towards placing food on their own plate.



2. Interact with

3. Smell: The goal for this step is to progress from having the odor of the food in the room then eventually having the child smell the food item.



The goal of this step is to have the child touch the food with their fingertips, then hands, then move up their arms, then their lips, teeth, and finally touch their tongue.



4. Touch

5. Taste: The goal of this step is to start by having the child lick the food item, then taking small to big bites, then chewing, then eventually swallowing.



Remember the goal is to get the child slowly used to the food item. Follow the child's lead. Move at their pace and have fun!



6. Eat