

The AEIOU Systematic Approach to Pediatric Feeding

Nina Ayd Johanson, MS, CCC-SLP CEIM, CHHP



Faculty

Nina Ayd Johanson, a highly regarded clinician and renowned teacher with more than 23 years experience, is an affiliate faculty member at Loyola University, MD and senior speech language pathologist for an acclaimed children's hospital. A Certified Educator of Infant Massage, Nina also works in private practice in Baltimore and lectures nationally. She has extensive experience in home-based early intervention and parent training specializing in infants with tongue and lip ties as well as children with oral-motor/feeding disorders, complex medical issues, autism spectrum disorders, and other developmental disabilities. She holds a Master of Science in Speech-Language Pathology from Loyola College, and a Master of Arts in Applied Healing Arts from the Tai Sophia Institute. She is a board-certified Holistic Health Practitioner and was trained in integrative nutrition through the Center for Mind Body Medicine's Food As Medicine, the nation's leading clinical nutrition training program for healthcare professionals.

Disclosure: This presentation will focus exclusively on the AEIOU Approach to feeding and will not include information on other similar or related therapy. Financial: Ms. Johanson receives a speaking fee from ERI for this course. Non-Financial: No relevant non-financial relationships to disclose.

About this Course

This course teaches a step-by-step approach for helping children learn to explore food, enjoy eating, and participate independently in social mealtimes. The AEIOU approach- acceptance, exposure, independence, observation and understanding - offers a new and highly successful method for integrated treatment of infants and young children with challenging feeding disorders using sensory, oral motor,

biomedical and environmental strategies. Five factors in this holistic approach emphasize active participation, independence and shared control. This course will arm participants with knowledge and practical information to achieve functional outcomes for complex etiologies, improve quality of mealtime, manage tube dependency and transition to eating solid foods, treat sensory aversions,

improve oral-motor skills, achieve home carryover, and more. This course is presented in a dynamic learning environment, using case studies and videos to engage and instruct participants. Extensive resources are provided.

Many special populations are discussed including: prematurity, GERD, allergies, autism, failure to thrive, tracheostomy, picky eaters, tongue and lip ties and children with various syndromes.

Objectives

- ① Develop assessment and treatment strategies that integrate 5 management factors for biomedical and enviro-behavioral influences that limit successful feeding in infants and young children.
- ② Formulate strategies to achieve parent buy-in for home carryover, promote positive parent child interaction, and help children participate independently in social mealtime routines.
- ③ Identify contraindications for oral feeding and describe a 5-step treatment plan for advancing prefeeding skills for in non-oral feeders.
- ④ Assess signs of distress and/or disengagement during feeding.
- ⑤ Develop and implement treatment plans for oral feeding that expand taste repertoire and texture acceptance by incorporating strategies for the meal time environment, seating/positioning, and oral- motor, sensory, and motor deficits.

Audience

SLPs, OTs, Assistants, Educators. Appropriate for other professionals (social workers, nurses, dieticians, PTs), working with infants and young children with feeding problems.

Help your patients achieve better outcomes.

Schedule – Day 1

7:30-8:00	Registration/Continental Breakfast
8:00-9:00	Foundations to Management; Support From the Literature; Introduction to A.E.I.O.U.
9:00-10:00	Developmental Progression of Feeding Skills; Interactive Exercise
10:00-10:15	Break
10:15-12:00	Biomedical Factors that Limit Successful Feeding: Prematurity, Respiratory/Cardiac /Craniofacial/Digestive Complications, Allergies, Tongue and Lip Ties
12:00-1:00	Lunch (on your own)
1:00-1:30	Environmental Factors that Limit Successful Feeding: Stress, Physical Environment, Feeding Mismanagement, caregiver/Support Factors
1:30 -2:15	Case Reviews: Applying the Five Factors: Acceptance, Exposure, Independence, Observation, understanding
2:15-3:00	When to Treat: Priorities & Contraindications; How to Treat: The 5-Step Comprehensive Plan
3:00-3:15	Break
3:15-4:30	Attachment/Communication/Control: Addressing Mealtime Interactions and Behavior Management; Caregiver Buy-In and Effective Parent Training
4:30-5:30	Video Case Studies: Special Populations (Tracheostomy, GERD, Prader-Willi, Autism, Failure to Thrive)
5:30-6:00	Establishing the Mealtime Environment: Merry Mealtime Guide

Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-9:00	Therapy Meals; Video Presentation of Treatment
9:00-9:30	Treating the Whole Child; Family-Centered Care
9:30-10:00	Seating/Positioning/Self-feeding: Achieving Autonomy & Independence
10:00-10:15	Break
10:15-10:45	Interactive Exercise
10:45-12:00	Sensory Processing/Food Play: Expanding Taste Repertoire and Texture Acceptance
12:00-1:00	Lunch (on your own)
1:00-2:30	Video Presentations of Treatment: Group Discussion
2:30-3:00	Nutritional Issues: Weight Gain vs. Brain Gain
3:00-3:15	Break
3:15-4:15	Oral-Motor Treatment: Achieving Success in 5 Steps; Treatment Video
4:15-4:30	Tricks With Tools: Tips From My Toolbox, Resources, and More

"Nina is an excellent presenter. Her positive energy was contagious. Her presentation was well organized, easy to follow, and made me excited to use her strategies with my clients right away. I recommend this course for all therapists"

— L Gallagher, OT

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Credits

This course meets the criteria for 15.5 contact hours (1.55 CEUs). Approved provider by the FL Board of Occupational therapy for 18.5CEUs.



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August 16-17	Indianapolis, IN	IU Heath Methodist Hospital
September 14-15	Danbury, CT	Danbury Hospital
October 18-19	Spartanburg, SC	Univ. of South Carolina Upstate
November 8-9	Philadelphia, PA	St. Christopher's Hospital for Children



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AEIOU Approach / Johanson:

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