

Food School

A group for children on the autism spectrum aged 0-6 to develop eating habits

Food School is a 10-week group that follows the Sequential Oral Sensory (SOS) approach to Feeding to help children develop positive eating habits and reduce anxiety around mealtimes.

These sessions aim to help children:

- Have positive experiences with food
- Learn about mealtime routines
- Decrease resistance to touching, tasting and swallowing food
- Expand the range of foods they will try.

Food School will be led by an occupational therapist experienced in supporting children on the spectrum and trained in the SOS Approach to Feeding. Three to four children will attend each session.

Each child will also receive a 45 minute individual assessment and goal-setting session prior to the commencement of the program.

There is a fee for this group. Please contact us for a quote.

Fees for Autism Queensland group programs are charged under the Capacity Building – Improved Daily Living section of your NDIS Plan. If you do not have funding in this specific Support Category, please discuss with your NDIS Local Area Coordinator or phone the NDIS on 1800 800 110.)

For more information:

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