



# Food School Group

## FAQ'S

### Who can attend?

Any child who is presenting with challenges eating a variety of foods. You can contact us via our website or call the clinic.

### What is the cost?

A \$40 fee will apply for an initial assessment with our speech therapy and occupational therapy students. Each Food School Group sessions is \$15.

### When is it?

One-hour sessions will run every Thursday morning for five weeks. The groups run at various times of the year.

### Location and Contact

**ACU Health Clinic**  
8 Approach Rd, Banyo Qld 4014  
Free parking is available on site  
07 3623 7740  
Admin.HealthBris@acu.edu.au

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ACU Health Clinic's Food School Group supports children to learn about new foods. It incorporates principles from the SOS Approach to Feeding and Ellyn Satter's Division of Responsibility and Responsive Feeding, which provides a holistic approach to understanding and providing intervention for picky eating.

Each week, your child will engage in different food-themed activities to gradually expose them to different textures, smells, colours and flavours of foods. We offer a supportive and comfortable environment where your child can learn at their own pace.

While children are engaged in food activities, parents watch through our two-way mirror to learn about and discuss feeding development. Research tells us that parent education is critical to the long-term success of feeding therapy and equips you with the knowledge you need to problem solve in your own home.

The program is delivered by occupational therapy and speech pathology students under the supervision of professional practice educators, who are qualified and experienced therapists.

## OUTCOMES FOR PARENTS

- Understand why your child is having eating challenges.
- Understand the development of feeding skills across physiological, oral, motor, physical, and sensory systems.
- Take the first steps to improve your child's relationship with food and make mealtimes less stressful.

## BENEFITS FOR CHILDREN

- Peer modelling from other children and student therapists during food interaction.
- A fun, pressure-free engagement with less preferred foods to support them to move up the steps to eating.
- Progressive assessment from student therapists to understand their feeding challenges holistically.