

# April/May 2024

## About the Course:

Learn a step-by-step approach for helping children explore food, enjoy eating, and participate joyfully and independently in social mealtimes. The AEIOU approach- acceptance, exposure, independence, observation and understanding is a responsive feeding approach that offers a highly successful method for integrated treatment of infants and young children with mild to complex etiologies. Learn to meet children and families where they are, provide effective family coaching and parent training, and make progress!

Participants will leave with extensive knowledge, resources, and practical information: improve quality of mealtime, manage tube dependency and transition to eating solid foods, treat sensory food aversions, improve oral-motor skills, and more.

Participants will be well equipped to help families achieve home carryover. Many strategies and accommodations are discussed to address the needs of those with varying diagnoses including: prematurity, GERD, allergies, neurodiversity, failure to thrive, tracheostomy, picky eaters, tongue and lip ties, and children with various syndromes.



## Hybrid Online Course:

- 20 Hours Total (10 hours live excluding breaks; 10 hours Self-Paced On-Demand)
- 3 live broadcast sessions with live Q&A (must attend live-live sessions are NOT recorded)
- Self-Paced Video Modules assigned each week
- Private online course community and instructor support throughout the course
- Includes **BONUS** handouts/materials and "Extend Your Learning" lessons
- Includes Comprehensive Course Manual with References and Resources
- Course presented in English

# AEIOU: An Integrated Approach to Pediatric Feeding

## Instructor: Nina Ayd Johanson

The owner of Food Smart Kids, LLC, Nina Ayd Johanson, MA, MS, CCC-SLP, CLC, is a highly regarded clinician and renowned instructor with more than 30 years of experience. She has trained thousands of therapists both in the United States and internationally in "AEIOU: An Integrated Approach to Pediatric Feeding", a comprehensive professional training program that she developed and continues to teach. Nina provides education and support to parents of newborns and young children through her online learning platform to help children and their families learn to love food, enjoy family mealtimes, and thrive. She developed the "Baby-Cued Method™", a responsive feeding approach, to answer the many questions parents have about feeding their babies and transitioning to solid foods. Many parents feel worried about the next steps with feeding after breast or bottle, and the internet and social media have added to the confusion. She helps parents embrace the process simply and intuitively, without gimmicks or trends that could hinder the process. Nina also works in private practice in Baltimore, and with the Maryland Pediatric Group. A Certified Lactation Counselor and Certified Educator of Infant Massage, she specializes in infants with sucking dysfunction, tongue tie, and breast and/or bottle-feeding aversion. She has extensive expertise in diagnosis and treatment of infants and children with oral motor/feeding disorders, feeding tube dependency, autism, complex medical issues, and other developmental disabilities. Nina recently retired from her position as a Speech-Language Pathologist and pediatric feeding specialist for an acclaimed children's hospital after 25 years, where she founded the TOTs Program (for infants with feeding problems due to tethered oral tissue/tongue tie). She holds a Master of Science in Speech-Language Pathology from Loyola College of Maryland and a Master of Arts in Applied Healing Arts from the Tai Sophia Institute (now the Maryland University of Integrative Health). 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 program.



## Course Tuition and Registration\*

Regular Rate: \$525  
ends April 8th



Register online: [www.foodsmartkids.com/events](http://www.foodsmartkids.com/events)

# AEIOU: An Integrated Approach to Pediatric Feeding

## Live Session #1 April 29th

7pm-10:45pm (US Eastern)

Live Broadcast Online 3 3/4 hours  
(includes 15-minute break)

- Foundations and Introduction to AEIOU; Support from the Literature
- Developmental Progression of Feeding Skills
- Case Reviews/Videos: Assessment and Treatment Planning
- Applying the 5 Factors: Acceptance, Exposure, Independence, Observation, Understanding

### Session One Self-Paced Modules

(4 1/2 hours)

- Review of Chewing; Hands-On Exercise (19 min)
- Factors that Limit Successful Feeding:
  - Prematurity, Respiratory, and Cardiac Issues, Medication Effects (15 min)
  - Craniofacial Issues, Tongue/Lip Ties (31 min)
  - Gastrointestinal Issues Part 1 (14 min)
  - Gastrointestinal Issues Part 2 (21min)
  - Allergy and Food Intolerance Issues (9 min)
  - Environmental Issues and Stress (10 min)
- When to Treat: Priorities and Contraindications (24 min)
- How to Treat: The 5-step Comprehensive Plan (17 min)
- Attachment, Communication, Control (24 min)
- Addressing Mealtime Interactions and Behavior; Caregiver Buy-In and Effective Parent Training (35 min)
- Establishing the Mealtime Environment: The Merry Mealtime Guide™ (49 min)

## Schedule

### Live Session #2 May 6th

7:00pm-10:30pm (US Eastern)

Live Broadcast Online 3 1/2 hours  
(includes 15-minute break)

- Therapy Meals; Video Presentation of Treatment; Introduction to Sensory Food Aversion
- Group Discussion/Q&A
- Treating the Whole Child; Family Centered Care

### Session Two Self-Paced Modules

(3 1/2 hours)

- Parent Testimonial Video (9 min)
- Seating/Positioning/Self-Feeding: Achieving Autonomy and Independence (44 min)
- Sensory Processing/Food Exploration (30 min)
- Expanding Taste Repertoire and Texture Acceptance (40 min)
- Nutritional Issues: Weight Gain vs. Brain Gain (39 min)
- Oral-Motor Treatment: Achieving Success in 5 Steps (32 min)

### Live Session #3 May 13th

7:00pm-10:30pm (US Eastern)

Live Broadcast Online 3 1/2 hours  
(includes 15-minute break)

- Video Presentations of Treatment/Case Studies: Sensory Food Aversion, Oral-motor, Tube-Weaning)
- Problem Solving, Group Discussion, Question & Answer

### Session Three Self-Paced Modules

(2 hours)

- Cups and Straws (31 min)
- Tricks With Tools; Tips From My Toolbox, Resources, and More (49 min)
- Bonus Downloads; Extend Your Learning Modules (40 min)

Final Course Evaluation (all requirements due by May 30th)



### Course Objectives

- 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.
- Formulate strategies to achieve parent buy-in for home carryover, promote positive parent-child interaction, and help children participate independently in social mealtime routines.
- Identify contraindications for oral feeding and describe a 5-step treatment plan for advancing pre-feeding skills in non-oral feeders.
- Assess signs of distress and/or disengagement during feeding.
- Develop and implement treatment plans for oral feeding that expand taste repertoire and texture acceptance by incorporating strategies for the mealtime environment, seating/positioning, and oral-motor, sensory, and motor deficits.

Register Online: [www.foodsmartkids.com/events](http://www.foodsmartkids.com/events)