What is STEPS?

STEPS (Supportive Treatment of Eating in PreschoolerS) is a small-group intervention program for preschoolers ages 2 to 5 years with moderate to severe motor-based feeding disorders and accompanying sensory-motor issues. Preschoolers may or may not have swallowing problems, and they may or may not have typical language.

Feeding difficulties may include:
• Chewing
• Eating off of a spoon
• Drinking out of an open cup
• Drinking through a straw
• Transitioning to solid foods

STEPS is designed to facilitate improved oral motor skills for feeding while providing hands-on training for parents. Normal development of feeding skills, strategies to support family meal times, and techniques to improve stability and function during feeding are taught.

The group is led by a licensed speech-language pathologist with support from speech-language pathology graduate student clinicians who provide one-on-one therapy for children and parents in the context of the larger group.

When:
Fridays, 10:00 - 11:30 a.m.
Available fall, spring and summer semesters

Where:
Callier Center Richardson
2895 Facilities Way | Richardson, Texas 75080

Cost:
$180/session (may be insurance eligible) + $75 nonrefundable enrollment fee

Contact:
Jenny McGlothlin
jmcglothlin@utdallas.edu | 972.883.3606