AEIOU

AN INTEGRATED APPROACH TO PEDIATRIC FEEDING

Nina Ayd Johanson, MA, MS, CCC-SLP, CLC
Pediatric Feeding Expert
Speech-Language Pathologist
Certified Lactation Counselor

Hybrid Online Course

- **25 Hours** Total (12 hours Live Online excluding breaks; 13 hours Self-Paced On-Demand)
- 4 live broadcast sessions with **live Q&A** (must attend live-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

Course Objectives

- Identify evidence for a responsive feeding approach that integrates the literature on attachment, communication, trauma, autonomy, intrinsic motivation, wellbeing, nutrition, co-regulation and safety.
- Develop assessment and treatment strategies using a 5-factor framework that addresses a wide range of 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 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 and know how and when to proceed.
- Develop and implement treatment plans for oral feeding that expand taste repertoire and texture progression by incorporating strategies for the mealtime environment, seating/positioning, and oral-motor, sensory, and motor deficits.

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food smart kids™
NINA AYD JOHANSON

AEIOU: An Integrated Approach to Pediatric Feeding Fall 2026

Week One

Live Session # 1 Online
Oct 8th 7pm - 10:30pm (US Eastern)
3 1/2 hours (includes 15 minute break)

- Foundations and Introduction to AEIOU: Support from the Literature
- Video Case Study: Assessment and Treatment Planning
- Applying the 5 Factors: Acceptance, Exposure, Independence, Observation, Understanding

Session #1 Self-Paced Modules
(3 hours, 35 minutes)

- Developmental Progression of Feeding Skills (45 min)
- Review of Chewing; Hands-On Exercise (19 min)
- Factors that Limit Successful Feeding
  - Prematurity, Respiratory/Cardiac Issues, Medication Effects (15 min)
  - Craniofacial Issues, Tongue/Lip Ties (31 min)
  - Gastrointestinal Issues Part 1 (14 min)
  - Gastrointestinal Issues Part 2 (21 min)
  - 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 Comprehensive 5-Step Plan (17 min)
- Quiz #1 (10 min)

Week Two

Live Session #2 Online
Oct 15th 7pm - 10pm (US Eastern)
3 hours (includes 15 minute break)

- Video Case Study-Applying the 5 Factors: Acceptance, Exposure, Independence, Observation, Understanding
- Q&A
- Treating the Whole Child; Family Centered Care
- Group Discussion

Session #2 Self-Paced Modules
(3 hours, 11 minutes)

- Attachment, Communication, Control (24 min)
- Addressing Mealtime Interactions & Behavior; Caregiver Buy-in and Effective Parent Training (35 min)
- Establishing the Mealtime Environment: Merry Mealtime™ Guide (49min)
- Parent Testimonial Video (9 min)
- Seating/Positioning/Self-Feeding: Achieving Autonomy and Independence (44 min)
- Evaluation and Progress Report Samples (10 min)
- Q&A Newsletter (10 min)
- Quiz #2 (10 min)

Week Three

Live Session #3 Online
Oct 22nd 7pm - 10pm (US Eastern)
3 hours (includes 15 minute break)

- Merry Mealtime™ Guide: Practitioner Manual and Implementation
- AEIOU REP Model- The Responsive Exploration Pathway™
- Therapy Meals; Video Presentation of Treatment; Introduction to Food Aversion

Session #3 Self-Paced Modules
(3 hours, 22 minutes)

- Sensory Processing/Food Exploration (30 min)
- Expanding Taste Repertoire and Texture Acceptance (40 min)
- Nutritional Issues: Weight Gain vs. Brain Gain (39 min)
- Tube Weaning Case Study (15 min)
- Oral-Motor Treatment: Achieving Success in 5 Steps (32 min)
- Cups and Straws (31 min)
- Quiz #3 (15 min)

comprehensive professional
AEIOU
AN INTEGRATED APPROACH TO PEDIATRIC FEEDING
training program

AEIOU: An Integrated Approach to Pediatric Feeding Summer 2026

Week Four

Live Session # 4 Online
Oct 29th 7pm - 10:30pm (US Eastern
3 1/2 hours (includes 15 minute break)

- Video Presentations of Treatment: Case Studies (Sensory Food Aversion, Oral-Motor, Tube Dependency)
- Q&A; Group Discussion

Session #4 Self-Paced Modules
(2 hours, 52 minutes)

- Chewing Compilation Video (8 min)
- Tricks With Tools: Tips From My Toolbox, Resources, and More (49 min)
- Bonus Materials (40 min)
- Extend Your Learning Modules (1hr, 15 min)
- AEIOU Final Course Evaluation

Final Completion Date: No later than Thursday November 5th
Certificates will be available for download in the course platform after all requirements are completed.
Continued Access to Course Platform and Community until November 30th

Your Instructor

Nina Ayd Johanson, MA, MS, CCC-SLP, CLC, is a highly regarded clinician and renowned instructor with more than 32 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. 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 is 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. 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.

comprehensive professional training program
AEIOU
AN INTEGRATED APPROACH TO PEDIATRIC FEEDING
Trained Therapist

Registration Opens Online August 1st - Regular Tuition $575
Early Tuition Rate $525 through 8/15/26
Late Rate $600 after 9/15/26

CALIFORNIA BOARD OF OCCUPATIONAL THERAPY
CBOT

AEIOU: An Integrated Approach to Pediatric Feeding (Course #98- S1) is approved by the California Board of Occupational Therapy for post professional education in the advanced practice area of Swallowing Assessment Evaluation and Intervention

Register here: www.foodsmartkids.com/events