



## What is STEPS?

Supportive Treatment of Eating in Preschoolers (STEPS) 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 mealtimes 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  
9:30 a.m. – 11:00 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) plus \$150 nonrefundable enrollment fee

**Contact:** Jenny McGlothlin, 972-883-3606  
[JMcglathlin@utdallas.edu](mailto:JMcglathlin@utdallas.edu) (for non-Callier patients)  
Patients should contact their provider via the patient portal.

### Callier Center for Communication Disorders

The Callier Center for Communication Disorders helps people communicate throughout their lives — to hear and be heard, to understand and be understood. For more than 60 years, we have provided treatment, training and research to help people of all ages hear, speak and connect with others.

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