

Parenting in the Kitchen: Home Strategies for Families in Feeding Therapy

9:00 a.m. to 10:30 a.m.

- Important Introductions to Course Concepts & Resources
- Research & Results of Food Exposures
- Feeding Therapy & Family Dynamics

10:30 a.m. to 10:45 a.m. Break

10:45 a.m. to 12:30 p.m.

- Parent Joyfully: Keeping Interactions Positive
- Parent Compassionately: Stepping into the Child's Shoes
- Parent Bravely: Strategies for Driving Hunger and Setting Boundaries
- Parent Patiently: Knowing When and How to Wait

12:30 to 1:15 p.m. Lunch

1:15 to 2:30 p.m.

- Parent Proactively:
 - Understanding How to Support Gross and Fine Motor Skills
 - Adapting Food
 - Holidays, Restaurants, School Events
- Parent Consistently: Strategies for Consistent Practice at Mealtimes
- Parent Mindfully:
 - Spoon Feeding
 - Mealtime Mindset

2:30 to 2:45 p.m. Break

2:45 to 4:00 p.m.

- Strategies for Implementing the Three E's: Expose, Explore, Expand
 - Understanding a Child's Sensory System & Eating Skills
 - Sensory Considerations in the Kitchen
 - Anxiety: How to Cope
 - Lunch Packing for Hesitant Eaters
 - Putting it into Practice: Dr. Yum's Preschool Food Adventure

4:00 – Closing remarks/ Q&A / Adjourn

Attendees must be present for the entire course to receive CEUs.

CEU Hosted by:

