



**Title:** Pediatric Nutrition for Parents and Professionals: *Everything You Need to Know for Your Child from 6 Months to 6 Years*

**Contact hours:** 2.0 hours

**Educational Level:** Introductory

**Audience:** Parents and family members, child care professionals, speech-language pathologists and assistants, occupational therapists and assistants, lactation consultants, early interventionists and assistants, educators and assistants and appropriate others in pediatric health professions or care.

**Course Description:** Pediatric Nutrition for Parents and Professionals is an online course that includes Power Point and video teaching by feeding specialist Melanie Potock, MA, CCC-SLP and Sarah Moran, RDN. This course teaches parents and professionals the basics of childhood nutrition for children 6 months to 6 years of age.

**Agenda: 2 Hours Total**

Hour One: Babies 6 to 12 Months

- What and what NOT to serve to babies

  - The dangers of serving the wrong foods

  - The easy guidelines to keep you on track

  - When to begin offering water, and how much

- Why these nutrients are so important

  - Understand the importance of certain foods in baby's diet

- Where to serve meals and snacks

  - The basics of proper positioning

  - Choking risks and how to avoid them

- When to serve solid foods

  - How to know when baby is ready for solids

  - The pitfalls of starting too early or waiting too long

    - How to create a feeding schedule

- How much solid food a baby really needs

  - Learn an easy method for serving sizes

- Baby Self-feeding

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Safe finger foods

Purees or no purees?

How to keep baby safe

Balancing bottle and breast feeding with solids

Early signs of food allergies in babies

Guidelines to introduce foods that may be allergenic

## **Hour Two: Toddlers, Preschoolers and Young Children**

### **Toddlers (12 to 24 months)**

What and what not to serve

New guidelines now that baby has passed the “one year” milestone

How to cut hot dogs or similar shaped foods – the #1 hazard for choking

Why these nutrients are important for a toddlers’ brain, body and bones.

Fiber, vitamins, and minerals

Where and when to serve food to a toddler

The importance of a hunger schedule and how to create it for your toddler

How much is enough?

Cow’s milk and dairy alternatives

Portion sizes

Snacks vs mealtime portions

The easy guidelines to keep you on track

Encouraging water

Why it’s vital to our health

Tips to help create this life-long habit

Toddlers with Food Allergies

The surprising signs that you may not be aware of!

The nutritional risks to a child with food allergies

Food intolerance vs. food allergies

Nutritional risks when a child has food allergies

### **Preschoolers and Young Children (ages 2 to 6 years)**

What and what not to serve

Fats – Understand the change in requirements for this age

Alternatives to cow’s milk and dairy

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Where to serve meals and how much?

Understanding that growth slows at this age

Why nutrition is more important than calories

Easy guidelines to keep you on track

Importance of food exposure through food play and cooking

Food allergies

Will my kid outgrow his allergy?

Non-celiac wheat sensitivity

Possible signs of gluten sensitivity

## **Learner Outcomes**

1. Understand the overlap of nutrition information amongst health professionals while respecting each health professional's scope of practice
2. Identify what safe and nutrition-rich foods are appropriate for children 6 months to 6 years and utilize this basic information if a registered dietitian (RD) has not been identified as a necessary part of a child's care.
3. Understand why these nutrients are important for child growth and development
4. Utilize basic guidelines for portion sizes and balanced nutritional meals if the child does not require specialized support from an RD
5. Identify alternatives to dairy when appropriate if a child follows a dairy-free lifestyle
6. Understand the differences between food allergies and food intolerances
7. Implement simple strategies to help children interact with new foods while keeping mealtimes joyful and relaxed

## **Faculty Information and Disclosures**

**Melanie Potock, MA, CCC-SLP** is a feeding specialist and international speaker who presents a variety of ASHA and AOTA approved courses listed on her website [www.MelaniePotock.com](http://www.MelaniePotock.com) or [www.MyMunchBug.com](http://www.MyMunchBug.com). Melanie treats children with feeding challenges from birth to age seventeen years while balancing her career as an author and media expert on parenting and feeding children.

*Financial:* Melanie Potock, MA, CCC-SLP is the author of *Adventures in Veggieland: Help Your Kids Learn to Love Vegetables with 100 Easy Activities and Recipes*. Ms. Potock is the co-author of *Raising a Healthy Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating*, for which she receives royalty payments. She is the co-author of



*Baby Self-Feeding: Solid Food Solutions to Create Lifelong Healthy Eating Habits* and was paid to write the book but does not receive royalties. She is the author of *Happy Mealtimes with Happy Kids: How to Teach Your Child about the Joy of Food!*, for which she receives royalty payments. Melanie is the executive producer of the children's music CD titled *Dancing in the Kitchen* and profits from song purchases. Ms. Potock owns My Munch Bug, LLC and the online educational course titled *The Picky Eater Course* and profits from registrations online. Ms. Potock is an international speaker who presents a variety of courses and is paid to present these courses at various events. She owns a therapy practice for the assessment and treatment of feeding challenges in children and is paid for that service. She may receive a stipend for some articles that may appear online or in magazines.

*Non-financial:* Melanie Potock is a contributor to the American Speech Language Hearing Association's blog, *The ASHA Leader*, and she is not compensated. She may not receive a stipend for some articles that appear online or in magazines and this varies month to month, depending on media needs. She is the co-author of *Doctor Yum's Preschool Food Adventure*, a preschool food education curriculum and does not receive compensation for her role supporting that program.

**Sarah Moran** is a Registered Dietitian Nutritionist and founder of Sarah Moran Nutrition. Through her work with individuals, groups, and her online community, she helps people and families take the stress out of eating and feel more comfortable in their own skin. Her website is [SarahMoranNutrition.com](http://SarahMoranNutrition.com).

*Financial:* Ms. Moran received an honorarium for co-teaching the course with Ms. Potock. She receives a percentage of the proceeds of some of the registration fees.

*Non-financial:* Ms. Moran has no non-financial disclosures.

### **Refund and Cancellation policy**

Paid registration for *Pediatric Nutrition for Parents and Professionals* is valid for a period of 30 days. No refunds are provided once the consumer has registered for the course.

### **Disclaimer**

*Pediatric Nutrition for Parents and Professionals* and all supplemental materials on [MyMunchBug.com](http://MyMunchBug.com) are educational in nature and do not represent intent to provide feeding therapy or medical advice to individuals who register for the course. The information on the website should not be considered



medical advice. It is educational and nature. Should you have concerns about your child's weight, health or eating habits, please consult with your child's physician.