



**Title:** Pediatric Feeding Disorders & Anxiety: Don't Feed the Monster

**Contact hours:** 2.5 hours

**Educational Level:** Intermediate

**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 Feeding Disorders & Anxiety: Don't Feed the Monster is an online course that includes PowerPoint and video teaching by feeding specialist Melanie Potock, MA, CCC-SLP and Dr. Jonathan Dalton, founder of the Center for Anxiety and Behavioral Change. This course teaches parents and professionals foundational concepts regarding anxiety disorders in children and how they may be related to pediatric feeding disorders.

**Agenda: 2.50 Hours Total**

Introductions and Overview – 10 minutes

Understanding the Spectrum of Picky Eating – 10 minutes

Understanding Pediatric Anxiety Disorders & Avoidance – 90 minutes

Cognitive Behavioral Treatment & Exposure Therapy – 10 minutes

First-step Strategies – 30 minutes

**Learner Outcomes**

1. Discuss four different types of anxiety disorders that may be associated with pediatric feeding disorders
2. Understand the role that avoidance plays in both anxiety disorders and pediatric feeding disorders
3. Identify five strategies to improve treatment outcomes for children with feeding difficulties associated with anxiety
4. Know which professional treats anxiety disorders and which evidence based practice has been found to be successful

**Faculty Information and Disclosures**

**Melanie Potock, MA, CCC-SLP** is a feeding specialist and international speaker who presents a variety of live courses listed on her website [www.MelaniePotock.com](http://www.MelaniePotock.com) or [www.MyMunchBug.com](http://www.MyMunchBug.com). Melanie's advice has been shared in a variety of media, including The New York Times, Washington Post, CNN.com, Huffington Post and Parents Magazine. 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 royalties. 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 courses 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 past-contributor to the American Speech Language Hearing Association's blog, *The ASHA Leader*, and she was 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.

**Dr. Jonathan Dalton** is a licensed psychologist, public speaker, and author who founded the Center for Anxiety and Behavioral Change (CABC) in Rockville, MD, which is a private treatment center dedicated to using evidence-based treatment for patients with anxiety disorders. He received his undergraduate degree in psychology from Villanova University, a master's degree in psychology from The Catholic University of America, and a doctorate in clinical psychology from Fordham University with a specialization in child and family psychology. He completed two years of pre-doctoral training at the Johns Hopkins School of Medicine - Kennedy Krieger Institute, and advanced postdoctoral training at the Maryland Center for Anxiety Disorders at the University of Maryland. He specializes in the treatment of anxiety disorders in children and adolescents with a focus on anxiety-based school refusal.

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

*Non-financial:* Dr. Dalton has no non-financial disclosures.

### **Refund and Cancellation policy**

Paid registration for *Pediatric Feeding Disorders and Anxiety: Don't Feed the Monster* is valid for a period of 30 days. No refunds are provided once the consumer has registered for the course.

### **Disclaimer**

*Pediatric Feeding Disorders and Anxiety: Don't Feed the Monster* and all supplemental materials on 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, anxiety, health or eating habits, please consult with your child's physician.