

Course Title: Feeding Development: Understanding the Spectrum of Eating in Children

Educational Level: Intermediate

Audience: Parents and Family Members, Child Care Professionals, Speech-Language Pathologist and Assistants, Occupational Therapists and Assistants, Physical Therapists and Assistants, Lactation Consultants, Nurses, Pediatricians and Assistants, Dental Professionals, Early Interventionists and Assistants, Educators and Assistants and Appropriate Others in Pediatric Health Professions or Care.

Course Description: : **Feeding Development: Understanding the Spectrum of Eating in Children** is an online course that includes PowerPoint and video teaching by Melanie Potock, MA, CCC-SLP and three health professionals. Pediatrician Nimali Fernando, MPH, MD joins Melanie to teach Module One: Feeding Development & Strategies to Encourage Adventurous Eating. This module teaches parents and professionals how feeding disorders develop and offers strategies on what can be done to support the infant, toddler or school age child who presents with feeding challenges. Course content includes foundational knowledge on medical issues and physiology that may impact feeding development. Dr. Fernando and Ms. Potock explain sensory processing and how motor skills and learned behaviors may impact a child's ability to interact with new tastes, textures and temperatures. The range of picky eating can vary, and the discussion includes red flags that may indicate a need for a feeding evaluation and possible treatment. In Module Two, registered dietitian nutritionist Sarah Moran RDN joins Ms. Potock to provide essential research-based facts on childhood nutrition applicable to children from 6 months to 6 years of age. In Module Three, psychologist Dr. Jonathan Dalton, a national expert on pediatric anxiety and Ms. Potock teach critical foundational concepts regarding anxiety disorders in children and how they may be related to pediatric feeding disorders.

The entire Feeding Development Course is 10 hours in length and consists of the following 3 modules:

Module One: Feeding Development & Strategies to Encourage Adventurous Eating – 5.5 Hours Total

Introduction - 2 minutes

Part One: How Feeding Challenges Develop – 100 minutes

Part Two: Babies – 46 minutes

Part Three: Toddlers – 127 minutes

Part Four: School Age Children – 21 minutes

Part Five: Strategies for the Whole Family – 26 minutes

Part Six: Hesitant Eater or Something Else – 10 minutes

Learner Outcomes

1. Discuss how protective behaviors develop when gastrointestinal discomfort, sensory processing challenges, delayed gross and/or fine motor skills impact a child's willingness to eat.
2. Identify the signs that arise when Upper Lip Ties and Posterior Tongue Ties (Tethered Oral Tissue) influence the development of feeding skills.
3. Discuss how feeding development can be supported in babies and toddlers through proper positioning, correct use of the spoon and self-feeding methods.
4. Summarize how growth can be affected in picky eaters who are overweight or those who are underweight and how a processed diet can influence a child's food preferences.
5. Summarize how the swallow pattern changes as children mature and discuss the impact it may have on picky eating.
6. Show basic strategies to help children interact with new foods while keeping mealtimes joyful and relaxed.
7. List the red flags that may indicate a need for a feeding evaluation and possible treatment and how to seek help.

Module Two: Pediatric Feeding and Nutrition

Time-Ordered Agenda: 2 Hours Total

Hour One: Babies 6 to 12 Months 60 minutes

- What NOT to serve to babies
- Which nutrients are important?
- Where to serve meals and snacks, and why
- Positioning at the table
- Choking risks and how to avoid them
- When to start solid foods, and how
- Baby Self-feeding, including purees
- Safe finger foods
- Balancing bottle and breast feeding with solids
- Early signs of food allergies in babies & guidelines for introduction

Hour Two: Toddlers, Preschoolers and Young Children 60 minutes

- ✓ Toddlers (12 to 24 months)
- What and what not to serve for health and safety
 - Which nutrients are important?
 - Where and when to serve food to a toddler

- Serving sizes
 - Encouraging water
 - Toddlers with Food Allergies & the nutritional risks
- ✓ Preschoolers and Young Children (ages 2 to 6 years)
- What and what not to serve
 - Where to serve meals and how much?
 - Food allergies in older children

Learner Outcomes

- Compare the overlap of nutrition information amongst health professionals while respecting each health professionals' scope of practice
- 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.
- Discuss why these nutrients are important for child growth and development
- Identify basic guidelines for portion sizes and balanced nutritional meals if the child does not require specialized support from an RD
- Identify alternatives to dairy when appropriate if a child follows a dairy-free lifestyle
- Summarize the differences between food allergies and food intolerances
- Show simple strategies to help children interact with new foods while keeping mealtimes joyful and relaxed

Module Three: Pediatric Feeding Disorders & Anxiety – 2.5 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. Discuss 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. List 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 ASHA and AOTA approved courses listed on her website

www.MelaniePotock.com or 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 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. Nimali Fernando, MPH is a Fellow of the American Academy of Pediatrics who has gained national attention for her focus on healthy eating in children. Her practice, Yum Pediatrics in Virginia, features a teaching kitchen and garden, and has gained national attention as a hotspot for nutrition education. Her website is www.DoctorYum.org.

Financial: Dr. Fernando 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 a full time pediatrician and founder of Yum Pediatrics in Virginia. Dr. Fernando's non-profit, The Doctor Yum Project benefits financially from the registration of some of the courses on her co-author's website, www.melanepotock.com. Dr. Fernando may receive a stipend for some articles that may appear online or in magazines.

Non-financial: Dr. Fernando is the founder of the non-profit The Doctor Yum Project and does not receive compensation for her role.

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.

Financial: Ms. Moran received an honorarium for co-teaching the course with Ms. Potock.

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

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 in 2021.

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