

AGENDA

Parenting in the Kitchen: 25 Strategies to Help Your Picky Eater

Presented by Melanie Potock, MA, CCC-SLP

Hours One and Two

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

One Hour Break

Hours Three and Four

- 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
- 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
 - Question and Answers / Closing Remarks

Teaching Methods: Video and lecture