

Nutrition First's 2023 Annual Training: ***Creating Healthy Relationships with Food***

VIRTUAL

October 25-27, 2023

8:30am -12:30pm

Tentative Agenda

October 25, 2023 8:30AM - 12:30PM

The Feeding Relationship: WIC's Role in Raising Good Eaters

Presented by Ellyn Satter Institute

October 26, 2023 8:30AM -12:30PM

Solving Feeding Problems Using the Division of Responsibility

Presented by Ellyn Satter Institute

October 27, 2023 8:30AM -12:30PM

Body Weight and Size Inclusivity: Understanding the Implications of Weight Bias and Weight Stigma

Cristen Harris PhD, RDN, CD, CEDS, CSSD, ACSM-CEP, FAND
Professor, University of Washington Nutritional Sciences Program

Supporting Pregnancy in Larger Bodies: The latest science and approaches in Medical Nutrition Therapy

Judy Simon MS, RDN, CD, CHES, FAND
Clinical Instructor UW Nutritional Sciences Program

Wrapping it up, Apply These Principles in WIC.

Expert Panel, details to come

Details on Ellyn Sattyr Institute Workshop (Day 1&2)

One child in four has a feeding problem. These problems include food refusal, disruptive mealtime behavior, rigid food preferences, less than optimal growth, and failure to master developmentally appropriate self-feeding skills. If a child is ill or developmentally delayed, problem incidence is even higher. It need not be so. Feeding problems can be prevented from birth by following Satter's Division of Responsibility in Feeding (sDOR): the parent/adult does the *what, when, and where* of *feeding* and the child does the *how much* and *whether* of *eating*.

Feeding problems can be addressed by restoring sDOR and trusting the child's own desire to learn and grow to restore eating competence. An appropriate feeding relationship supports children's developmental tasks at every age and every level of capability and allows children to eat the right amount of the proper food to be healthy and grow well. WIC professionals are in a key position to help parents learn to effectively feed their children.

Feeding problems can be identified and successfully addressed by restoring sDOR and trusting the child's own desire to learn and grow to achieve eating competence. An appropriate feeding relationship supports children's developmental tasks at every age and every level of capability and allows children to eat the right amount of the proper food to be healthy and grow well.

The Division of Responsibility in feeding will be applied at various stages of development from birth to age five. Case examples (using break out rooms for discussion) addressing common child nutritional problems coach audience members in identifying feeding dynamics issues and how to talk to parents about them.

As part of this session, participants will take a deeper dive into helping parents be successful with meal and snack time management, exploring techniques for providing neutral food exposure, addressing offering sweets and treats, and overcoming common feeding challenges like picky eating using the Satter Division of Responsibility in feeding. It expands on the discussion of how Satter's Hierarchy of Food Needs incorporates cultural foods and is sensitive to nutrition trauma related to food insecurity.

This session allows for experiential learning using feeding scenarios (including primary education, picky eating, neutral food exposure) and discussion. During this period, participants will have had time to contemplate and practice the information previously presented and discuss their thoughts with a utilizing a feeding relationship versus food selection approach.