

Empowering Providers & Parents for Nutrition Interventions in Early Intervention

WHEN: Friday, March 2nd, 2018 8:00am - 3:00pm

WHERE: Crescent Room at Easterseals Milestones
621 Cullen Avenue
Evansville, IN 47715

WHO: Providers, Parents, Educators, etc.

PRESENTER: Patty Kovacs MS RD CD

Patty Kovacs, MS RD CD has been a First Steps dietitian for 13 years. Her success in working with families has proven the invaluable nature of nutrition education for families. You will come away from this training with a clear understanding of how nutrition intervention improves progress with other therapies, a profound hands-on learning experience for yourself, and new techniques and protocols to improve client/patient outcomes.



Objectives:

1. Understand the importance of communication and meeting the family “where they are”.
2. Identify the family’s top three concerns and start the process of initiating changes and nutrition interventions.
3. Understand why parents are so concerned about weight and how to calculate basic energy needs for a variety of children.
4. Assess factors contributing to feeding struggles and implement the Division of Responsibility in Feeding as outlined by Ellyn Satter, RD.
5. Outline, in easy to understand terms, the gut and the impact of gut health on feedings, behaviors, and progress in other areas of life.
6. Discuss nutrients missing in today’s “modern diet” and possible supplementation ideas to improve overall nutrient intakes.

All participants who attend the conference will receive a Manual which includes specific, in depth educational materials for the provider, as well as family friendly information that can be copied and shared as needed.

Please register [here](#).

If you have any questions, please contact Jaclyn Thread at jthread@evansvillerehab.com

Empowering Providers & Parents for Nutrition Interventions in Early Intervention Conference Agenda

7:30 am - 8:00 am	Registration (light breakfast/refreshments will be provided)
8:00 am - 8:15 am	Review of course objectives & basics of change
8:15 am - 8:45 am	Calculating kcal needs and review of growth charts
8:45 am - 9:45 am	Gut health <ul style="list-style-type: none">Role of Zinc and taste testsConstipation, stool softeners and laxativesFiber tips and tricks
9:45 am - 10:00 am	Break
10:00 am - 11:15 am	Leaky Gut and other GI issues <ul style="list-style-type: none">Symptoms, causes and fixesProbiotics, Kefir, Kumbacha, Yogurt
11:15 am - 12:15 pm	Lunch Break
12:15 pm - 1:00 pm	Continue—Gut discussion and supplement options
1:00 pm - 1:30 pm	Supplement options and taste tests
1:30 pm - 1:45 pm	Break
1:45 pm - 2:30 pm	Feeding & Mealtimes <ul style="list-style-type: none">Division of responsibilityPicky eater/problem feeder or too much milk
2:30 pm - 3:00 pm	Open discussion, brainstorming <ul style="list-style-type: none">Question & Answer session