



February 16th and 17th, 2019

Marsha Dunn Klein, MEd, OTR/L, FAOTA

The Get Permission Approach to Anxious Eaters/Anxious Mealtimes

Sponsored by Mealt ime Connections LLC in Tucson, Arizona

Workshop location: University of Arizona Department of Speech, Language, and Hearing Sciences Room 205 1131 E. 2nd Street, Tucson, Arizona

Course Description:

The focus of this course is on helping anxious eaters, worried eaters. When children are anxious eaters, mealtimes become stressful for whole families. These children may be extremely picky eaters, children with diagnosed or undiagnosed anxiety, autism spectrum disorders, or extreme mealtime worry. This practical course will discuss and demonstrate practical strategies in support of children and families who are influenced by mealtime worry. It will focus on trust, sensitive reading of cues and responding to the child's reaction to mealtime change. Parent success will be key to the strategies presented.

About the presenter:

Marsha Dunn Klein MEd, OTR/L is a pediatric occupational therapist who specializes in feeding with infants and young children. She has a BS in occupational therapy from Boston University and a Masters of Education from University of Arizona in Special Education with emphasis on Physical Disabilities. She has coauthored PreFeeding Skills, 2nd Edition, Mealtime Participation Guide, and Homemade Blended Formula Handbook (all with Suzanne Evans Morris), and Feeding and Nutrition for the Child with Special Needs (with Tracy Delaney).

Join us Today!
Please share this flier with your colleagues in occupational therapy, speech therapy, nutrition, and early intervention.

Objectives:

- Define the major principles of the Get Permission Approach to pediatric feeding.
- Define "Who are anxious eaters".
- Answer: How does worry influence eating in children?"
- Identify key factors that influence "permission" in feeding anxious eaters.
- Describe the evaluation process in understanding the THEN and the NOW of anxious mealtimes. Where to start?
- List ways to empower the family and the child in the feeding partnership in support of anxious eaters.
- Identify and interpret child and parent communication and cues and synthesize information to adapt or adjust treatment strategies for success.
- Describe strategies to help promote enjoyment, confidence and internal motivation at mealtimes for anxious eaters.
- Define the Circle of Sensitivity and relate it to feeding treatment for anxious eaters.
- Describe the steps to "Re-Define TRY IT" and list ways to apply interventions in the home or clinic environment.
- Identify the sensory properties of food and list specific ways to utilize those variables in sensitive.
- Identify strategies to help children successfully make texture transitions.
- List ways to transition clinical success to HOME and parent success.
- Describe treatment themes that compare and contrast similarities and differences between inexperienced eaters or medically fragile eaters vs. worried/anxious eaters.
- Set goals and document progress for anxious eaters using family friendly Get Permission vocabulary.

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The Get Permission Approach to Anxious Eaters/Anxious Mealtimes

Saturday, February 16th

8:00 Registration
9:00 Who are Anxious Eaters?
Define the Get Permission Principles as they relate to Anxious Eaters/Anxious Mealtimes
10:30 Break
10:45 Continuation of GP Principles
12:00 Lunch (On Your Own)
1:00 Influences on Permission
Influence of Worry/Stress on eating
Sensory Properties of Foods
GP Evaluation Principles and where to start?
3:00 Break
3:15 GP Treatment Strategies
Re-Define Try It
Circle of Sensitivity
4:30 Adjourn

Sunday, February 17th

8:30 Registration
9:00 GP Treatment Strategies Demonstration and Practice
Grade the ASK
10:30 Break
10:45 GP Treatment Strategies Demonstration and Practice
12:00 Lunch (On Your Own)
1:00 Taking Clinical Progress HOME.
Helping Parent Succeed
3:00 Break
3:15 Continued Treatment Discussion
Questions and Answers
4:30 Adjourn



The Arizona Speech-Language-Hearing Association is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in

speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

Continuing Education:

This course is offered for 1.2 ASHA CEUs (Intermediate level, Professional area). All other professions should contact their respective organization for awarding of CEU credits.

Disclosure:

Marsha Dunn Klein is the author of several books pertaining to pediatric feeding, and has developed "The DuoSpoon".
Financial – Author, receives royalty payments from Pro Ed and Mealtime Notions for published books and "The DuoSpoon".
Nonfinancial – Co-founder of the non-profit Nourish.

Cost:

\$395.00 when registration and payment is received prior to January 11th, 2019. Fee increases to **\$425.00** thereafter. Discounts available for parents/students, call or email for details. If you must cancel your registration, please notify us at least seven days prior to the start of the course and we will issue you a refund minus a \$35 administrative fee. No-shows or cancellations received less than seven days prior to the course are ineligible for refund.

Registration:

Registration is available online. Please visit mealtimeconnections.com and click on the "Classes" tab. Scroll down and click on Get Permission Approach to Anxious Eaters/Anxious Mealtimes and complete the requested registration information. You will receive a confirmation email following the registration. We will also be in touch by email approximately a week prior to the event with important attendee details. Should you have questions in the meantime, please reach out to us at the contact information below.

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