

## Program Description

The AAP and WHO do not recommend starting babies on solid food until at least 6 months of age. What role does breastfeeding play in how young children eat and how do we support lactating parents in starting solids in a way that builds healthy habits for life?

Picky eating is a common occurrence in young children and there are known developmental reasons why this happens. After the first year of rapid growth, a toddler gains weight more slowly so he or she requires less food. In addition, toddlers may thoroughly enjoy one food for weeks and not touch the same food for months. When parents notice this shift in their child's appetite, they often resort to measures that make matters worse like force-feeding or bribing. This elevates parental anxiety around feeding and makes meals stressful.

As medical professionals, we must be able to handle questions about picky eaters to give parents the proper perspective. After all, the eating habits formed in childhood, good or bad, can set the tone for a child's relationship with food for many years to come.

### Faculty

Melanie R. Silverman MS, RD, IBCLC is the Chief Clinical Officer for Pacify ([www.pacify.com](http://www.pacify.com)), a mobile application for on-demand live video support from IBCLCs. Melanie received her BA from Indiana University in Chemistry and Spanish and her Master's Degree in Clinical Nutrition from Rush University in Chicago, Illinois. She worked at the University of Chicago Medical Centers in the burn unit, PICU, NICU and follow-up clinics and started a private practice in 2003. Her professional focus right now is Pacify and providing mothers with the breastfeeding help they need the minute they need it.

### Continuing Education Credits offered at no additional charge

**RN:** BreastfeedLA is an approved provider by the California Board of Registered Nursing. This course offers 1 contact hour of continuing education. BreastfeedLA's provider number is CEP 16435. Licensee must maintain certificate for a period of four years.

**IBCLC:** BreastfeedLA is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT113-36. 1 L-CERP will be awarded.

**RD & OT:** Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio.

## BreastfeedLA Webinar

### Picky Eating in Young Children: Why it Happens and What to do about it



Sponsored by



2851 W. 120<sup>th</sup> St., Ste. E #335  
Hawthorne, CA 90250  
Phone: (323) 210-8505  
[www.BreastfeedLA.org](http://www.BreastfeedLA.org)

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Wednesday, May 30, 2018  
11:00 AM -12:15 PM (Pacific Time)

Live Webinar  
(\*This webinar will be recorded)

## Agenda

- 11:00 Welcome
- 11:05 Picky Eating in Young Children and What to do about it
- 12:00 Question and Answer
- 12:15 Adjourn

## Objectives

Following the didactic presentations, participants will be able to:

- Explain the problem of picky eating in young children
- Define the division of responsibility in feeding and how this can help picky eaters
- Offer concrete ways to prevent and treat picky eating

## Registration Fees

Registration includes continuing education credit.

\$25 - Up to May 23, 2018 Midnight Pacific Time

\$30 – On or after May 23; Registration Closes 1 Hour Prior to Start of Webinar

### Webinar Software

This webinar will be conducted using Zoom software. Instructions on how to access the webinar will be included in a registration confirmation email. The webinar will be recorded.

### Participant Information

Registration confirmation will be sent to participants via email. Presentation handouts are sent via e-mail 2 business days prior to the seminar. Certificates of attendance and continuing education will be delivered to attendee via email following completion of webinar evaluation.

### Cancellation Policy

Credit for future seminars is available under special circumstances until one week prior to event.

## Target Audience

Physicians, Midwives, Therapists, LCSWs, MFTs, Registered Nurses, Registered Dietitians, Nutritionists, Occupational Therapists, CPHWs, Lactation Consultants & Educators, LLL Leaders, Health Educators, Case Managers, Home Visitors, Doulas, Breastfeeding Peer Counselors, Students, and others interested in supporting families in the initiation and maintenance of breastfeeding.

## Registration Form

Webinar Picky Eating 05/30/18

Register Online

<https://tinyurl.com/pickyeat530>

Mail: BreastfeedLA, 2851 W. 120<sup>th</sup> St., Ste. E #335, Hawthorne, CA 90250

	Price
<input type="checkbox"/> Early Bird (on or before Midnight Pacific Time 05/23/2018)	\$25
<input type="checkbox"/> General (until 9AM Pacific Time 05/30/2018) – <b>All check payments at this price</b>	\$30
<input type="checkbox"/> Tax-Deductible Contribution To BreastfeedLA	\$_____

Name \_\_\_\_\_ Total: \$ \_\_\_\_\_

Job Title \_\_\_\_\_

Company/Hospital \_\_\_\_\_

Billing Address \_\_\_\_\_

Billing City, ZIP \_\_\_\_\_

Email Address—required to receive confirmation \_\_\_\_\_

Phone \_\_\_\_\_

IBCLC? If yes, check this box  
 RN? License # \_\_\_\_\_

### Method of Payment

Check - Price when paying by check is \$30 regardless of date – No Early Bird  
 Visa  
 MasterCard

CCV \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Billing ZIP \_\_\_\_\_