



MFSP
MILITARY FAMILY
SERVICES PROGRAM
UNITED STATES

MFSUS Online Meetings

Eating Habits in Young Children:
How to get my child to eat something other than pasta!

3-Part Series

3 webinars geared towards helping you motivate your child to eat the food that you provide.

Eating Habits in Young Children: How to get my child to eat something other than pasta!

Based on the strategies and researched practice of Applied Behaviour Analysis (ABA), these sessions go beyond just a text book or parenting help book. We will not only educate you about ABA, but also take specific examples from your child's eating habits, and put strategies into practice to achieve positive concrete results. We will be observing current eating habits, putting strategies into place, observing the change in these eating habits, and modifying strategies to ensure success. The theories, the strategies and the data are tailored to fit you, your child, and your life.

You cannot join a WebEx Session from a DWAN computer. For more information contact: mfs.virtual@cfmws.com

Session 1: What is ABA & How Can You Use it to Change Eating Habits?

Wednesday, April 4 - 5pm ET, 4pm CT, 3pm MT, 2pm PT, 1pm AK, 11am HI

Discovering an overview of the basic principles of ABA, identifying the eating habits you would like to change, and examining the variety of strategies that you can put into practice.

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Session 2: Putting ABA into Practice to Change Eating Habits

Wednesday, April 11 - 5pm ET, 4pm CT, 3pm MT, 2pm PT, 1pm AK, 11am HI

Looking at the data of the current eating habits and finding specific strategies to put into place to create better eating habits using real life examples from the participants.

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Session 3: Moving Forward on My Own

Wednesday, April 18 - 5pm ET, 4pm CT, 3pm MT, 2pm PT, 1pm AK, 11am HI

Maintaining the successful eating habits today and in the future and adjusting strategies to be more effective for both child and parent.

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Lindsay Drennan, BCBA, M.Spec.Ed is a Board Certified Behaviour Analyst (www.bacsb.com) who has worked with children with special needs and their families in a variety of settings for over 7 years. As a former teacher, a Behaviour Analyst since 2012 and a mom of two young girls, her experience spans a broad range of environments, ages and abilities. She has worked in private practice as well as at the Children's Hospital of Eastern Ontario (CHEO) Autism Program providing Applied Behaviour Analysis (ABA) services to children 1:1, in small groups and in the classroom. She has extensive experience *parent training and providing direct services to children and families in a center-based or in-home therapy settings*. As an at home mother of two young girls, she is learning firsthand the sheer joys and challenges of parenting, using ABA in her parenting strategies with varying levels of success. Now on a new mission, Lindsay has the goal of sharing ABA strategies and practices with a population she knows needs it: parents of little ones!