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TOPICS WITH A CHILD/FAMILY NUTRITION FOCUS

*(Two or more of these presentations can be combined to form
a longer workshop on family nutrition.)*

BONDING WITH BABY: A NEW PARENT'S CALL

This session focuses on the important role of bonding and attachment during infancy on growth and well-being for a lifetime. Help parents understand their critical role in nurturing their newborn's development through sensory stimulus, focusing on the feeding relationship. Benefits of breastfeeding will be highlighted, but fathers and bottle-feeding parents won't be left out of achieving a positive and lasting bond with their infants.

WHAT ARE CHILDREN "HUNGRY" FOR?

What takes place during feeding between child and caregiver is so much more than the provision of nutrients. This session goes beyond the nutrition of feeding and focuses on a number of very important needs that are met within the context of feeding, including attachment and bonding in infancy, a sense of identity and security, routine and structure, relationship-building and a sense of community, skill-building and responsibility, and so much more. What takes place during feeding builds the foundation for a lifetime of positive (or negative) behaviors, perceptions, and attitudes.

PARTNERING WITH PARENTS TO CREATE HEALTHY HOME ENVIRONMENTS

Help parents recognize the impact of the home environment, including their personal health beliefs and behaviors, to impact their children's health and life style choices. Learn how to inspire a commitment to positive change that leads to healthier families. Be equipped to empower parents to take realistic and repeatable steps that become healthy habits that are sensible, satisfying and sustainable. Be prepared for obstacles and resistance to change.

PICKY EATERS ANONYMOUS

Parents and caregivers often feel helpless when dealing with picky eaters, possibly feeling at their "wit's end" of how to handle this frustrating yet common behavior. In less than 12 steps, learn how to come alongside parents and teach them positive and effective strategies so that even the pickiest eater (maybe the parent!) will self-select a healthy balanced diet. Practice activities parents can do to improve dinner table behavior and food choice. This session is also available in a version specifically for school food service.

NUTRITION UNCOMPLICATED: COMMON SENSE NUTRITION

Good nutrition can be quite simple. Using current dietary guidance, you can help the clients and families you serve eat more healthfully without making unnecessary rules and unrealistic expectations. Today's gimmick is "clean eating" but you know that "processed" isn't always a "dirty" word. Eliminate the guilt families feel by helping them plan healthful meals at home and away from home.

CHILDHOOD OBESITY: NO BLAMING AND NO SHAMING

Often when this issue is discussed there is a lot of finger pointing – it's video games, it's the fault of parents, it's the soda industry's fault, it's all because of school lunches. Or, worse yet, young children who are overweight are made to feel shameful about their size and may be at risk of bullying. We need to learn how to come alongside parents, school food service, and children who are feeling blamed and shamed, and provide support and encouragement to promote healthy weight. This presentation will address the weighty issue of childhood obesity and discuss how to handle it with care so as not to do more harm than good.

MEALTIME IN CHILD CARE: SUCCEEDING AT FAMILY STYLE SERVICE

The mealtime environment, which includes the physical surroundings, the mealtime routine, the procedures for serving, and the social interactions during meals, plays an important role in encouraging healthy behaviors and promoting well-being. Learn how to assess and optimize mealtime environments and routines, comparing child versus adult-centered practices. Discuss effective approaches to achieving family style service in all types of child care settings.

ME... TEACH CHILDREN NUTRITION?! YES!

Young children are the ideal audience for nutrition education. They are eager learners and love to discover the world around them, especially topics that impact their everyday lives like food and their growing bodies. We will examine what makes nutrition education with young children effective and practice fun and creative approaches for teaching children, including games, music, movement, stories, puppetry, and food experiences.

WHO'S HOME FOR DINNER?

Whether a family comes together for mealtime impacts a child's diet and eating habits, weight and health, academic performance, and emotional well-being. Today's families want to eat together but struggle with finding the time and energy. What are the barriers and what are the best reasons to overcome them? Learn successful strategies for getting families together for meals and how these can be promoted in communities.

FAMILY FOOD ADVENTURES: TEACHING CHILDREN KITCHEN SURVIVAL SKILLS

A child who knows how to plan and prepare meals helps themselves and their families eat healthier now and in the future. Children who are involved in growing, purchasing, and preparing food eat better. Cooking provides opportunities to learn scientific principles, build responsibility and practical skills, and promotes the expression of a child's creativity. Cooking together as a family not only provides nourishment but builds unity and togetherness.

LIGHT THE WAY: COUNSELING FAMILIES

Parents will respond positively to your counseling recommendations when you like them, listen to them, and light the way. Learn and practice practical approaches to work more effectively with parents of young children and families to achieve nutrition goals. This session is an introduction to counseling parents and families and covers the essential basics for counseling success with practical real-life examples.

HARMONIZING MENUS TO BRING DIVERSE TASTES TO THE TABLE

You have clients who want to have “family meals” but someone eats vegetarian and the rest of the family loves meat; or one family member has special dietary needs (possibly under your direction) but doesn’t want to impose those restrictions on the rest of the family; or some like food spicy and others prefer mild. How can you help the menu maker please varying tastes, eating styles, and special needs without opening a restaurant? Learn how to equip families with practical strategies to overcome the challenges of feeding varying tastes and create a harmonious blend at meal time.

STOP AND SAVOR: TEACHING MINDFUL EATING TO CHILDREN AND ADULTS

Children are born sensitive to internal cues of hunger and satiety, but external influences undermine this ability over time. In this session we will discuss how to maintain and cultivate this ability through the practice of becoming more mindful. Parents who model and respect mindfulness help children retain their ability to internally control their eating and increase their own potential for becoming intuitive eaters.