

REGISTRATION FORM

Get Permission Approach (2 day)
May 1st & 2nd, 2020. 8:30am-4:30pm
Legacy Sports Centre, Abbotsford

Contact Information

Name: _____

Address: _____

City: _____ Post Code: _____

Phone: _____

Email: _____

Discipline: _____

Agency: _____

Cost Early Bird Deal! \$500.00
(until February 15th, 2020)
Regular Registration \$625.00
(Feb. 16th to April 15th, 2020)

Fee includes break snacks and refreshments.
Please make your own arrangements for lunch.

Payment: Cheques payable to FV CDC or
 Call to arrange credit card

(Registration will be confirmed by email when form
and payment has been received.)

Cancellation

A \$100 fee will be applied to cancellations received
after April 15th, 2020



Helping kids shine!

Registration Contact &
Mailing Address:

Nicole Misura

FV CDC

102-32885 Ventura Ave
Abbotsford, BC V2S 6A3

604-852-2686 ext.2274
nmisura@fvcdc.org

**Limited Space
REGISTER ASAP**

**Please share with your
colleagues in speech
therapy, occupational
therapy, early
intervention, health
and nutrition.**



The Get Permission Approach to Anxious Eaters / Anxious Mealtimes

**MAY 1st & 2nd, 2020
Abbotsford, BC**

Presented by

**Marsha Dunn Klein,
MEd, OTR/L, FAOTA**

www.getpermissionapproach.com



www.fvcdc.org

The Get Permission Approach to Anxious Eaters/Anxious Mealtimes

Course Description:

The focus of this course is on helping anxious eaters, worried eaters. When children are anxious eaters, mealtimes become stressful for the whole family. 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.



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 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.
- 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.

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 the 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 Handbooks (all with Suzanne Evans Morris), and Feeding and Nutrition for the Child with Special Needs (with Tracy Delaney).

www.mealtimeconnections.com

