

Advancing Best Practise: Kindful Eating For Children and Families

Course facilitator: Lucy Aphramor
PhD RD

This two-day course is designed for nutrition and counselling professionals working with children and families to support healthy weight, eating for wellbeing and body confidence.

Part 1 explores the theory supporting a shift to Kindful Eating within an evidence-based approach focused on health-gain and body respect for all, called Well Now. We will consider how and why to integrate non-behavioural determinants of health into the clinical conversation on lifestyle and look at links between social factors and poor health outcomes. When we are aware of how non-dietary factors influence health our interventions are more ethical, effective and scientifically robust.

Part 2 translates evidence into practice. You'll leave with hands-on strategies for supporting children to learn to eat in a relaxed and flexible manner that meets nutritional needs and develops body confidence. The workshop also shows you how to support parents and carers address their own eating and weight concerns so that they are better able to support children to develop this healthy relationship with food. Health-gain approaches are recommended by eating disorder organisations for healthy weight campaigns and eating disorder prevention work.

Participants receive a certificate of attendance.

By the end of the course participants will:

- be aware of evidence supporting a relational approach to nutrition in children
- learn skills to help children learn to listen to body signals of hunger, appetite, fullness
- know how to support parents of 'fussy eaters'
- know how to support children to develop a sound sense of body confidence
- understand the role of growth charts
- be familiar with the concept of 'division of responsibility'
- know how to address and prevent troubled eating in children
- know how to integrate the prevention of eating disorders in children's healthy weight campaigns

COURSE FACILITATOR

Dietitian Lucy Aphramor developed the concept of kindful eating as part of the Well Now way. She is recognised internationally for her work integrating compassion and social justice into effective nutrition practise.

COURSE FEES

£300 (2 days) 9.30am - 4.30pm
£280 Early bird

CANCELLATION

Course fees cannot be refunded for non-attendance.

**DATES, VENUE AND BOOKING –
SEE WEBSITE**

www.lucyaphramor.com