

Promoting Positive Eating in Children



Helping our children follow a healthy lifestyle is tough. But what about when childhood eating problems already exist? This series will discuss issues impacting childhood nutrition and the approaches identified as the best for parents and grandparents to help steer children toward optimal health in a positive manner. **Adults Only!**

Promoting Positive Eating in the Child with ADD/ADHD

Join us for a discussion of how the eating habits of children with ADD/ADHD impact their behavior and lifestyle, how alterations in diet may help ADD/ADHD, and how you can help your child make changes that will positively affect nutrition and possibly attention and behavior.

Promoting Positive Eating in Adolescents and Tweens

Does your teen obsess about his or her appearance, food and the number on the scale? Join Eating Disorder specialists in this workshop, which will identify eating disorders, warning signs, contributing factors and what you can do to help.

Promoting Positive Eating in the Child with Food Allergies

If you are concerned with providing essential nutrients for your child at home and while eating out, please join us for a discussion of some helpful strategies to offer your child with food allergies more food variety and healthy options.

Promoting Positive Eating in the Child Athlete

Join us for this discussion of the nutritional concerns and extra energy demands of our active children. Tips to meet their calorie, carbohydrate, protein, and fluid needs will be addressed in order to help achieve optimal growth and performance.

Promoting a Positive Lifestyle in the Overweight Child

Join in a discussion of what helps and what harms when guiding overweight children toward healthy eating, emotional well-being and motivation for activity. Learn ways to make good nutrition and exercise realistic and rewarding for the entire family.

The outpatient nutritionists/dietitians of **Healthy Directions** along with community experts lead these various programs. They are held at the Health & Wellness Center in Warrington and are **FREE!**

For more information:

Amy Pieczarka, RD, LDN, CCN, CDE, 215-918-5701 or
Kristin Morrow, RD, LDN, CDE, 215-918-5702



Nutrition Therapy & Counseling
of Doylestown Hospital