

Stephanie Meyers, MS, RDN

Table Talk: A Novel Approach for Helping Kids Eat Well

Bio:

Stephanie Meyers is a registered dietitian, nutritionist and the author of, *End the Mealtime Meltdown: Using The Table Talk Method to Free Your Family From Daily Food Struggles and Picky Eating*. She's the founder of Families Eating Well, a nutrition practice helping parents coach healthy eating skills in kids and the Nutrition Manager in The Zakim Center for Integrative Therapies and Healthy Living at Dana-Farber Cancer Institute in Boston. Stephanie presents seminars world-wide on mindful eating, family nutrition and cancer survivorship.

Description of Presentation:

Parents and caregivers crave easy ways to help kids eat well. We have served the same vegetables umpteen times while trying to make mealtime a “positive experience,” but the day-to-day challenges of feeding a family can feel stressful and inefficient.

This interactive session introduces a novel approach for relating to kids while they eat. You will discover how changing what you say to kids about food and eating is a doorway to less conflict. Parents and clinicians alike will gain practical, real-world tools to better manage food struggles and engage kids with new foods. Strengthen your RD skill set for nurturing healthy habits and learn new ways to help parents and kids feel less fed up at the family table.

Learning Objectives:

1. Acknowledge the significant stressors face by health care professionals and importance of self-monitoring both physical and emotional wellbeing.
2. Understand the physical and mental benefits of mindfulness and meditation techniques and importance of activating the parasympathetic nervous system with simple tools that can be easily incorporated in the work day.
3. Practice a basic two-minute meditation and understand the benefits of diaphragmatic breathing. Be able to explain these benefits and assist clients of all ages and abilities in learning simple breath techniques that can improve sleep and decrease stress and anxiety, as well as impulsive and reactionary behaviors.
4. Recognize the value of being more mindful, and how it benefits our personal and professional relationships as well as significantly improving our client experience and quality of care.