

Jami Rokala, MS, RDN, LD, CLC

Addressing Feeding Concerns in Children & Understanding Individualized Approaches to Nutrition Therapy

Bio:

Jami received her master's degree in Nutrition with specialization in nutrition education and counseling from the University of North Dakota and holds a dual bachelor's of science degree in Community Nutrition and Dietetics. She has worked as a child nutrition professional since 2013 with a background in pediatrics and is currently the owner and founder of Headwaters Nutrition Counseling.

Jami is nationally recognized as a Farm to School and Early Care advocate and a national conference speaker. She has authored a Farm to Early Care curriculum that coincides with Head Starts creative curriculum.

As a passionate Dietitian Nutritionist she has dedicated her professional on-going training to include pediatric nutrition therapy, neurodivergent eating issues, sensory feeding issues, ARFID, and eating disorders.

Jami is a Certified Lactation Counselor, Certified Food Protection Manager and MN approved Food Service Manager CEU trainer. She has served on multiple boards including the Board of Directors for the Association of State Public Health Nutritionists and is the Chair of the National Fruit and Vegetable Council as well as a past Board of Directors for the National CACFP Sponsors Association member. She serves on the University of North Dakota's Nutrition and Dietetic Advisory Committee.

Description of Presentation:

Do you struggle with choosy and selective eaters? Learn how to navigate feeding concerns and discover your role as a dietitian in supporting the children in your care. Hear about therapy approaches which help them feel confident as they fuel their body rather than scared and anxious.

Learning Objectives:

1. Learn to recognize red flags for choosy and selective eaters.
2. Identify the differences between choosy eaters, selective eaters, and ARFID.
3. Get best practices for how to create a safe feeding environment.