

Day I – Friday

FRIDAY MORNING CHECK-IN at 8:30 at Lakeview Pavilion East | 2608 Erwin Road | Durham, NC

8:30-9:15 CONTINENTAL BREAKFAST

9:15-10:45 | Gut and Brain Communication | Presented by Dr. Nancy Zucker

- How the gut and the brain communicate and how such communication may differ for your child
- The experience of disgust: the good, the bad, and the gross
- The conflict between what we feel to be true and what we know to be true

In our breakout session (10-10:30), we will explore your child's gut-brain development and get a real feel for what it is like for your child when he or she approaches a new food.

10:45 – 11:00 BREAK

11:00-12:30 | Emotion Awareness and Regulation | Presented by Dr. Nancy Zucker

- Emotions as messengers and communicators of need
- Recognition of your own emotional reactions to your child's eating
- Recognition of your child's emotional reactions to food and other new events that may be challenging
- Matching emotional intensity to choice of strategy: the ins and outs of the emotional wave

In our breakout session (12-12:30), we develop an individualized plan of what to do all along the emotional wave.

12:30 – 1:30 LUNCH Take a break and walk around a little! *“The mind can only absorb what the butt can endure.”*

1:30 – 2:30 | Mealtime Environment | Presented by Virginia Covington, LCSW

- Using mealtimes as a vehicle for communication and connection
- Separating food adventures from mealtimes
- Taking advantages of mealtimes as sensory adventures (but not tasting adventures)

2:30 – 2:45 BREAK

2:45 – 5:00 | Food Adventures: Sensory Hierarchy and Chaining | Presented by Virginia Covington, LCSW

- Food adventures: where to start using your child's existing food repertoire
- When and how often to practice
- What does a practice look like: Food Science!

In our breakout session (4:30-5:00), we will help you design a hierarchy for your child and will walk through what a practice will look like.

Day 2 - Saturday

8:45 – 9:30 CONTINENTAL BREAKFAST

9:00-10:30 | Role Modeling & Behavior Management | Presented by Dr. Nancy Zucker

- Gently shaping your child's behavior without your child realizing you are doing it
- How to use positive reinforcement effectively
- Identifying subtle behaviors that may negatively or positively impacting your child's willingness to try new things

In our breakout session (10-10:30), we will assess the behaviors of family members and develop behavioral strategies specific to each family's situation.

10:30 – 10:45 BREAK

10:45-12:15 | Sensation | Jodi Petry, Occupational Therapist, BCP & Feeding Specialist, SCFES

The steps to eating

- Sensory defensiveness and what that looks like
- Sensory qualities to foods and how that affects choices and eating patterns

In our breakout session (11:45-12:15), we will ask you to complete your own Sensory Profile and relate it to understanding your child.

12:15 – 1:15 LUNCH

1:30 – 3:00 | Motivation, Validation and Stages of Change | Presented by Dr. Noga Zerubavel

- The stages of motivation and how to position your child along these stages
- How to match your strategies and your requests of your child to your child's stage of motivation
- How to help your child envision a future unencumbered by his or her eating and to create baby steps to limit the impact of your child's eating on your family's freedom
- The challenging dance of parenting: how to balance gently nudging your child to try new things with validating and supporting how difficult it is for them
- Exploration of this strategy in other domains of both your child with selective eating and other family members

In our breakout session (2:30-3:00), we will explore your child's current stage of change and decide on strategies that would match that stage. We will also do some role plays of what validation and change looks like in practice.

3:00 – 3:15 BREAK

3:15 – 4:00 | Summary & Closing Comments, Dr. Nancy Zucker