

ARFID: The Anxious Eater

Masterclass with Melanie Potock, MA, CCC-SLP

Coach Mel's Masterclasses are your opportunity to dive deep into a hot topic in pediatric feeding. More than just a PowerPoint presentation – this is online learning that takes it up a notch.

What makes this masterclass experience so special?

- A live and dynamic learning experience
- Sessions are designed to be interactive and memorable, with a few creative twists along the way!
- Four hours packed with valuable content and smart strategies that you use immediately with your anxious eaters!

What you will learn:

You will walk away with a rich understanding of the steps it takes to take kids from anxious to adventurous, including:

- How anxiety hinders a child's ability to try new foods
- Why kids get stuck "just licking" or "just kissing" a new food and can't make progress from there
- Strategies to help the hesitant eater take a bite
- Specific techniques to help the anxious eater manage anxiety
- The relationship between parental anxiety and a child's anxious behaviors
- The research behind Avoidant Restrictive Food Intake Disorder (ARFID)

Principles will be demonstrated through live activities and videos of Melanie's clients learning to be adventurous eaters!

Who should attend?

Speech Language Pathologists, Occupational Therapists, Registered Dietitians, Pediatricians and other health professionals; Parents, teachers and family members of extreme picky eaters.

Faculty Information and Disclosures

Presenter Bio:

Melanie Potock, MA, CCC-SLP, is an international speaker on the topic of feeding babies to teens. She is the co-author of the award-winning [Raising a Healthy, Happy Eater](#) and author of the upcoming *Responsive Feeding* plus four more books for both parents & children. Melanie's advice has been shared in a variety of television and print media, including *The New York Times*, *The Wall*

Street Journal, Washington Post, CNN.com and Parents Magazine. Contact her at www.MelaniePotock.com

Disclosures:

Financial: Melanie Potock, MA, CCC-SLP is the author of Adventures in Veggieland: *Help Your Kids Learn to Love Vegetables with 100 Easy Activities and Recipes*. Ms. Potock is the co-author of Raising a Healthy Happy Eater: *A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating*, for which she receives royalty payments. She is the co-author of Baby Self-Feeding: *Solid Food Solutions to Create Lifelong Healthy Eating Habits* and was paid to write the book but does not receive royalties. She is the author of Happy Mealtimes with Happy Kids: *How to Teach Your Child about the Joy of Food!*, for which she receives royalties. Melanie is the executive producer of the children's music CD titled Dancing in the Kitchen and profits from song purchases. Ms. Potock owns My Munch Bug, LLC and the online educational courses and profits from registrations online. Ms. Potock is an international speaker who presents a variety of courses and is paid to present these courses at various events. She owns a therapy practice for the assessment and treatment of feeding challenges in children and is paid for that service. She may receive a stipend for some articles that may appear online or in magazines.

Non-financial: Melanie Potock is a past-contributor to the American Speech Language Hearing Association's blog, The ASHA Leader, and she was not compensated. She may not receive a stipend for some articles that appear online or in magazines and this varies month to month, depending on media needs. She is the co-author of Doctor Yum's Preschool Food Adventure, a preschool food education curriculum and does not receive compensation for her role supporting that program.

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