



## **What to Expect from Virtual Nutrition Coaching**

You are concerned about your child's eating, weight or both. You love your child and want him to thrive and be healthy. By going through this process, you will lay the foundation to give your child--or children--a lifelong healthy relationship with food.

### **Knowledge you will gain:**

- How to serve meals so even the pickiest eaters can find something to eat.
- How to feed your child so she eats the right amount for her.
- Being considerate without preparing separate foods for your child.
- How to feed desserts responsibly.
- Your feeding job description vs. your child's eating job description.
- How to serve treats, sweets, and other "forbidden foods."
- How to organize snacks so kids are still hungry at mealtime.
- Ideas for balanced snacks .
- How to introduce new foods so they aren't scary.
- When to trust your child's appetite.

**Here's what you can expect from our visits. We will meet via video conference initially, and follow-up by phone or video conference, depending on what works for each of us. In between sessions, I will email you as needed and you may email me as needed within the parameters of the package you have purchased.**

### **Visit #1: Assessing Your Individual Feeding Challenges -- approx 1 hour.**

It is normal for children to eat and grow normally. If they don't, something is getting in the way. We will work to identify what that is, if anything, and help you address the right areas for change. I will ask you many questions about your child's eating history, family dynamics and more. In addition to providing answers in this first interview, you will need to complete or provide the following before our second appointment:

- Food Attitudes and Skills survey about your own eating.
- A 7 day food record--record everything your child eats/drinks, amount, and times.
- A video recording of 2-3 family meals. Video lets us see your individual feeding/eating challenges. A meal counts as a "family meal" if your child is eating together with another caregiver. The whole family need not be present if it is not possible or typical for your family.
- Your child's growth chart from birth. If you are not comfortable sending a scanned copy via email, I can provide you with a fax service #.

Before our second meeting, I will review the above. Having all this information will help us put together the puzzle and create a plan that fits your family and child's needs.

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# Healthy Little Eaters

## **Visit #2: Starting Your New Feeding Plan - up to 1 hour**

Once I have all of the information above, we will meet to go over what I have found via the assessment and lay out the feeding plan. If possible, all the child's caregivers who eat with, or are involved in feeding, your child will attend this session. As we begin the feeding plan, I will coach you and any other caregivers on how to implement new feeding strategies and answer any questions you have.

## **Continuing Feeding Support and Troubleshooting- 20 to 30 min.**

At this point you will have begun implementing new feeding strategies. These visits will identify other areas we need to address, answer new questions and give you support for the good work you're doing. Both you and your child have begun learning new skills and perspectives about feeding and eating. Some of these will come easily, others will require practice and fine-tuning. I am here to support you and help you troubleshoot when a feeding issue arises.

By working with me and following your individual feeding plan, you can expect that your child will:

- Have great support to develop a healthy relationship with food.
- Learn to eat amounts that his or her body needs.
- Eat at mealtimes and not graze.
- Feel comfortable and relaxed at mealtime.
- Learn to eat what the family eats.
- Behave well at mealtime
- Grow into the body that's right for him/her.