



Adoption Expert Webinar

Establishing a Healthy Feeding Relationship

2012 Adoptive Families Webinars

(Type your questions in the box to the right.)

Katja Rowell, M.D.

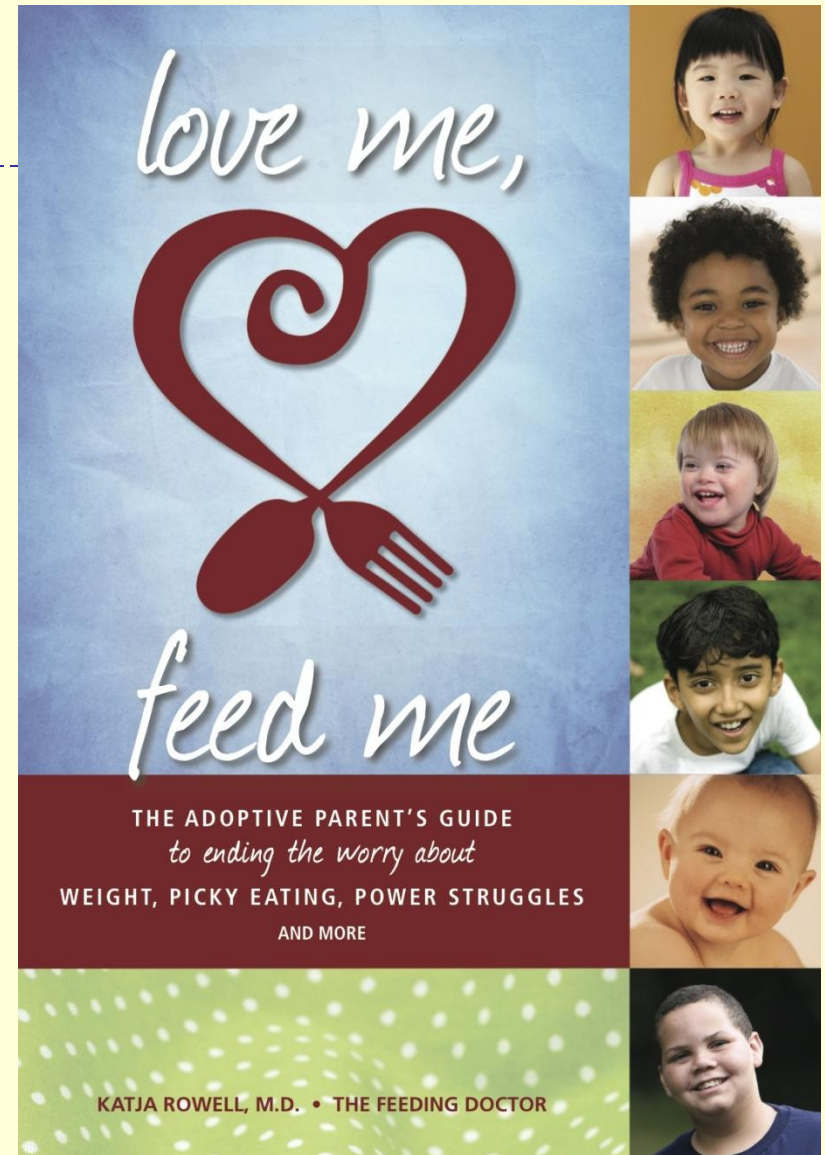


Katja Rowell, M.D., aka "The Feeding Doctor," is a family physician who works with parents to establish healthy feeding relationships by focusing on the *how* of feeding. She has developed a special interest in supporting adoptive and foster families with feeding and weight worries, and recently published *Love Me, Feed Me: The Adoptive Parent's Guide to Ending the Worry About Weight, Picky Eating, Power Struggles and More*.

Dr. Rowell is a sought-after speaker, blogger, mother, and family cook.

“Knowing deep within us that someone is going to feed us when we are hungry is how trust and love begin...”

– Mr. Rogers



www.thefeedingdoctor.com

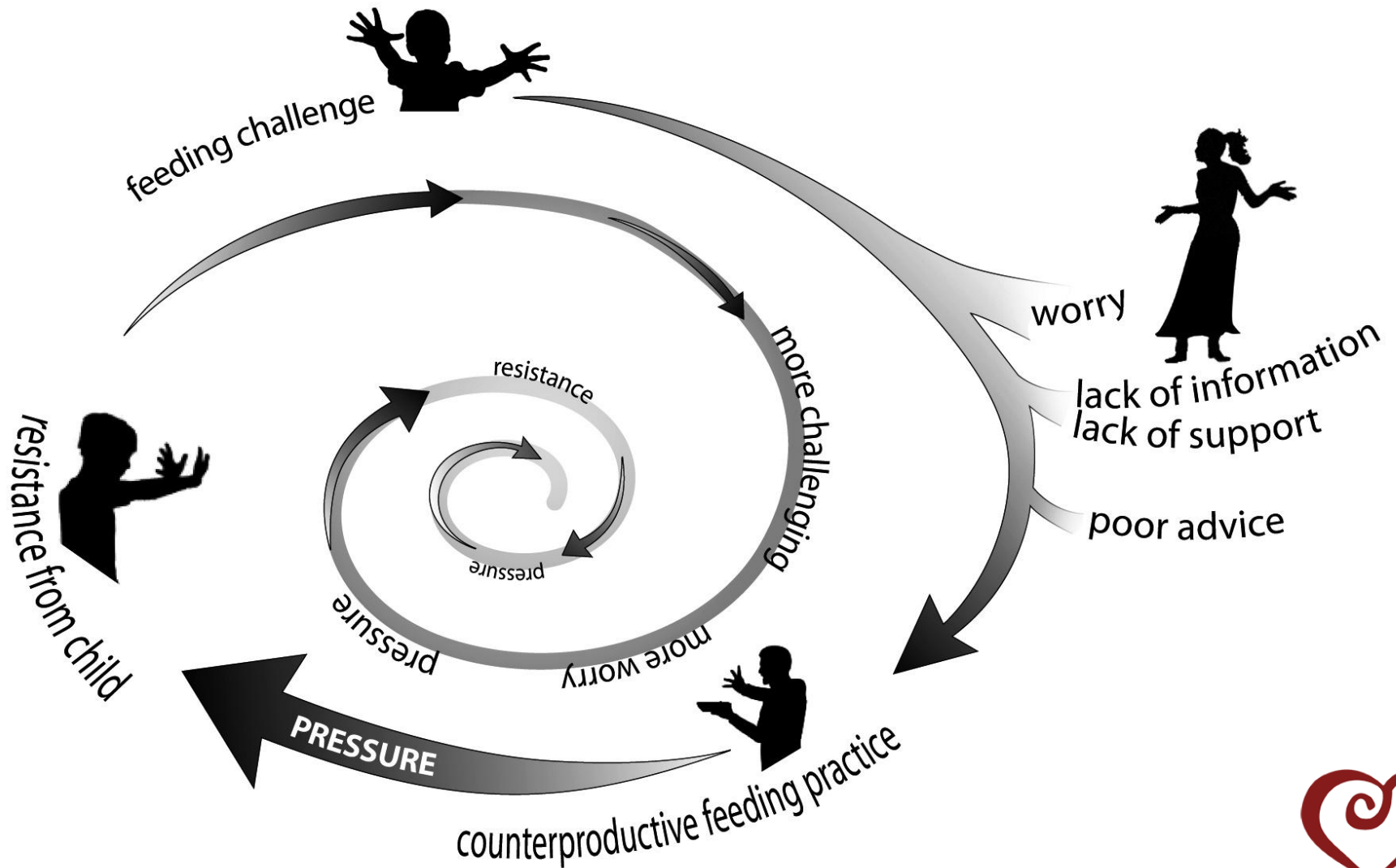


feeding and attachment

- ▶ opportunity to complete attachment cycles
- ▶ repetitive, patterned, relationship building, sensory (Dr. Bruce Perry)
- ▶ opportunity lost when families get stuck around feeding



Worry cycle: breakdown of trust



Peace and joy



“Adina played, *STANDING RIGHT NEXT TO* her brothers, totally unconcerned with their food...she said, **"Mommy I don't need to eat because I can wait for lunch." That is BIG. That has NEVER happened. EVER. EVER. Yay!!!!**” – Adina’s mom

“Dinner has become pleasant, relaxed and is not stressful. **She feels respected at mealtime rather than hassled.**”

- Yiseth’s mom, dealing with picky eating



Questions?

Please enter your questions for Dr. Rowell in the box to your right.



Please note: Attendance and all questions are confidential.

None of the attendees of today's webinar can see the names of other attendees nor can they see the questions being submitted.

Only the moderator of the webinar will see your questions.

Adoptive Families does not provide medical advice, diagnosis, or treatment.
The material in this webinar is provided for educational purposes only.

Thank You!

We have more *Adoptive Families* Expert Webinars coming up.

To continue the conversation, we invite you to join us at

AdoptiveFamiliesCircle.com

Adoptive Families' online community for meeting families like yours, sharing photos, and joining our ongoing adoption discussion groups.

A recording of this session will be available to download from

www.adoptivefamilies.com/webinars