



Adoption Expert Webinar

Love Me, Feed Me

2013 Adoptive Families Webinars

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

Adoptive Families Expert Webinars - www.adoptivefamilies.com

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.





Food Insecurity

- ▶ **Structure:** absolutely reliable
 - ▶ Every 2-3 hours for smaller kids, 3-4 for older
 - ▶ Filling snacks!
 - ▶ Can end mealtimes
- ▶ *It takes time* to tune in to hungry and full cues
 - ▶ Will eat more during the transition: scary!
- ▶ Reassure, “There will always be enough.”
- ▶ Division of Responsibility: s/he decides how much
- ▶ Early food insecurity may have life-long echoes
- ▶ **Trying to get a child to eat less backfires**





Picky eating

- ▶ Structure
- ▶ Avoid pressure
 - ▶ No bribes, threats, rewards, praise, talking
 - ▶ *serve family-style
 - ▶ Dessert with the meal
- ▶ Work with therapist on transitions/behavior
- ▶ **Pushing a child to eat more/different foods backfires: power struggle!**
- ▶ Include sweets/treats with meals/snacks





Division of Responsibility

- ▶ **Parent's jobs:**

- ▶ what, when, where

- ▶ **Child's job:**

- ▶ how much from what you provide



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.

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The material in this webinar is provided for educational purposes only.

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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

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