



Mindfulness for Better Living Mindfully Feeding Infants and Toddlers Online Free Webinar

Food is so much more than just fuel. It is a source of many things; pleasure, celebration, challenges.

Mealtime routines not only build strong relationships with people but also a healthy relationship with food

Mindfulness means paying attention to the present moment without judgement.

Facilitators:

Jacqui Rabine
(248) 930-4125

rabineja@msu.edu

Lisa Tams

tams@msu.edu



DESCRIPTION:

During this workshop we will be talking about how mindfulness, parenting styles, and child temperament can all work together to help children develop a healthy relationship with food through responsive caregiving.

OBJECTIVES:

- Define and discuss mindfulness related to parents, caregivers and children.
- Learn about parenting styles as related to feeding styles.
- Explore child temperament styles.
- Learn techniques to incorporate mindfulness into everyday feeding practices with children from birth to three.

INFORMATION:

Tuesday, October 6 , 2020
2:00-3:30 PM

REGISTER ONLINE IN ADVANCE FOR THIS MEETING

<https://msu.zoom.us/meeting/register/tJwqd-ihrzwqGtRD0pP10jYAPDHXJKVrIPu0>

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.