



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:

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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 20 , 2020

2:00-3:30 PM

REGISTER ONLINE IN ADVANCE FOR THIS MEETING:

<https://msu.zoom.us/meeting/register/tJEIf-qspzgiGtLGR08H1GzNlpE8IPt1iZiP>