

**As part of our service's participation in the Tiny Bites Program you are strongly encouraged to view the following webinar series.**

The webinars will provide you with an update on the latest recommendations for infant feeding and responsive feeding, and are recommended for both experienced Educators who would like to hear about recent updates to recommendations, and new Educators who would like to increase their confidence with infant feeding.

View at a  
convenient  
time!

## **WEBINAR SERIES**

### **RECOMMENDED FEEDING PRACTICES FOR CHILDREN 0-2 YEARS**

Short 15  
min  
webinars!

*PRESENTED BY A REGISTERED DIETITIAN USING LATEST NATIONAL GUIDELINES*

#### **TOPICS COVERED INCLUDE:**

##### **INFANT FEEDING PRACTICES**

- BREASTFEEDING
- NAVIGATING STARTING SOLIDS
- TEXTURE PROGRESSION
- FOOD AND DRINK RECOMMENDATIONS
- ALLERGIES

##### **RESPONSIVE FEEDING PRACTICES**

- ROLES OF ADULTS & CHILDREN AT MEALTIMES
- SIGNS OF HUNGER OR FULLNESS
- CREATE A POSITIVE MEALTIME ENVIRONMENT
- ROLE MODELLING
- EXPLORING NEW FOODS
- SUPPORTING FUSSY EATERS

#### **HOW TO HAVE SUPPORTIVE CONVERSATIONS WITH FAMILIES (30 MIN)**

Bonus  
webinar!

- UNDERSTANDING CHILDREN'S NUTRITION
- WAYS TO COMMUNICATE EFFECTIVELY
- RECOGNISING SIGNS OF POTENTIAL CONFLICT

Presented by  
ECTARC

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