



## **The Get Permission Approach to Anxious Eaters and Anxious Mealtimes”**

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### **Objectives**

By the end of this workshop participants will be able to:

1. Identify and describe anxious eaters and how they influence entire families.
2. Define the major principles of the Get Permission Approach© to pediatric feeding.
3. List ways to empower the family and the child in the feeding partnership.
4. Identify key factors that influence “permission” in feeding.
5. Describe how stress and worry influence feeding.
6. List the sensory variables that influence mealtimes and how to grade them in rehearsals and treatment.
7. Describe strategies to help promote enjoyment, confidence and internal motivation at mealtimes.
8. Define rehearsals and their influence on food acceptance.
9. Describe how to cluster information gained in evaluations to support creation of treatment strategies that allow child and parent to be successful
10. List five continua that demonstrate systematic de-sensitization in feeding treatment strategies.
11. Define the Circle of Sensitivity and Re-Define TRY It as they relate to sensitive treatment strategies in the home or clinic environment.
12. Identify strategies to support families in successful transition of therapeutic treatment strategies at home.
13. List strategies to support anxious eaters / autism and their families.
14. Set goals and document progress using family friendly Get Permission© vocabulary

### **Course Description**

The focus of this course is on identifying and supporting anxious eaters and their families through the Get Permission Approach. These children may have diagnoses of autism or picky

eating, anxiety or sensory eating, or no diagnosis at all. But they all have very narrow diets and worry about change in food presentation. The approach to mealtimes and feeding treatment for these children based on the foundation of trust in a feeding relationship. At its core, it supports child success and parent success. To find success, we look at multiple tiny steps of treatment strategies based on kind systematic desensitization. We will explore ways to cluster evaluation information together to find a starting place for success. We will look at ways to Grade our Ask as we sensitively understand stress and worry at mealtimes. The Circle of Sensitivity will be discussed as a way to carefully approach a child's worry. Get Permission supports children in finding enjoyment, confidence and internal motivation to eat. There will be lecture, demonstration, videos, case studies and group discussion.