

Free webinar: Hungry or full: Responsive feeding in young children

 **13.00 - 14.00 Tues 14th December 2021**

 Register @ <https://bit.ly/3B5GNmf>

 @BNFEvents

 LiveStream@nutrition.org.uk

 www.nutrition.org.uk



What's this webinar about?

The early years are a crucial window for the rapidly developing child to learn to accept and like healthier foods and establish long-term dietary patterns that can reduce risk of obesity, chronic diseases, and oral health problems.

Given that the foods young children are exposed to depend primarily on their caregiver, feeding practices associated with healthy eating are a key area of interest. More responsive feeding styles, understanding and responding to when children feel hungry or full have been widely advocated for establishing longer term positive eating behaviours.

This British Nutrition Foundation webinar will explore this important area in early years nutrition looking at what we mean by responsive feeding, why is it important in developing healthy eating habits and for weight management in later childhood and what may be needed to support caregivers to adopt this approach.

It's a fascinating area!

Programme

Prof Maureen Black, University of Maryland: Responsive parenting and feeding: Why is it important?

Prof Sarah Redsell, University of Nottingham: Understanding barriers and enablers to caregivers feeding practices in young children

Prof Ciarán Forde, Wageningen University: Child eating behaviours and energy intake – A research snapshot

Dr Simon Steenson, British Nutrition Foundation: Recommendations related to **HOW** to feed – The public health context

Register today to join the webinar live on the 14th December 2021 or to watch it at a later date.

The British Nutrition Foundation is grateful to Nestle Nutrition for providing an educational grant towards the success of this webinar. However, the programme has been directed by the Foundation alone, which is committed to producing independent, evidence based science.