

WEEKLY AGENDA & TOPICS

Week 1

Introduction

How Children Learn to Like Food,
Mealtime, and Our Role

Week 2

Selecting a Plan + Putting it into
Action

Week 3

Problem Solving + Tools for Moving
Forward

Week 4

Follow-Up and Maintenance



PICKY EATERS AND DISRUPTIVE BEHAVIORS DURING MEAL TIME - 4-WEEK COURSE



CONTACT US

ESTD. 2010

SUTTON
PSYCHOLOGY
SERVICES

www.suttonpsych.com

jncaputi@gmail.com

daniellesuttonphd@gmail.com

ABOUT

If you are a parent or caregiver of a child between the ages of **3-12 years old** dealing with **picky eating and disruptive mealtime behaviors**, this 4-week **live or virtual course** may be right for you.

Over the course of **4 weeks**, parents will meet with Justine Caputi, a Behavior Therapist, **once a week for 60 minutes** learning step-wise management skills to reduce picky and/or disruptive mealtime behaviors.



Justine Caputi is a Licensed and Board-Certified Behavior Analyst and Certified Special Education Teacher who has been providing

individualized home, school, and clinical based services for over 15 years.

IS THIS COURSE FOR YOU?

- Does your child eat a limited variety of food, have low food enjoyment, eat slowly, refuse to eat and/or exhibit disruptive behavior during mealtimes?
- Have you consulted with medical professionals to rule out allergies or other medical conditions (e.g., eating disorder, swallowing, ARFID) to explain your child's eating difficulties?
- Is your child medically stable in terms of weight, heart rate and blood pressure?
- Can your child eat solid foods without the exclusive need for oral nutritional supplements (e.g., PediaSure) or enteral/tube feeding?
- Changing eating and mealtime behaviors takes time, consistency, and attention. In addition to the 60-minute group, are you able to dedicate time and attention to consistently implementing strategies during at least one snack/meal daily?

RESULTS

The strategies reviewed during these sessions can help parents of children along the entire continuum of food selectivity, from passively-avoidant picky eaters to children who display disruptive behaviors during mealtime.

Parents will learn behavioral tools and strategies to improve the mealtime experience.



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LEARNING OBJECTIVES + WHAT'S INCLUDED

- **Be able to 1)** identify mealtime battles and disruptive behaviors and *why* these behaviors may be happening using function-based approach, **2)** identify factors that could influence choice of an intervention, **3)** gain an understanding of: why and how interventions work; and the power of attention and ignoring, **4)** gain step-by-step evidence-based strategies and practical tools to use right-away at home
- Parent(s)/caregiver(s) will be **supported in selecting a strategy** that might work with support in implementation (e.g., role-play)
- **Video access to recordings** of the trainings to make sure you have information to reference even after the course has ended
- **Sample checklists and workbook pages** so that you can track progress