



# CHILDHOOD WEIGHT MANAGEMENT: TOOLS FOR WORKING WITH KIDS AND FAMILIES

**With Melissa Halas-Liang, MA, RD, CDE**

Founder of SuperKids Nutrition ([www.superkidsnutrition.com](http://www.superkidsnutrition.com))

**Thursday, April 16, 2015  
6:30 - 8:00 pm EST**

**LIVE WEBINAR**

**6:30 - 7:45 pm Lecture  
7:45 - 8:00 pm Q&A Session**

## REGISTRATION FEES

\$35 GNYDA, LIDA, WRDA members  
\$20 GNYDA student members  
\$80 non-members\*  
\$50 student non-members\*

*\*non-member pricing includes 2015-2016 membership dues*

**For registration and  
additional information visit:  
[www.gnyda.org/Public/Events.aspx](http://www.gnyda.org/Public/Events.aspx)**



Do you want to learn new, fun, and effective ways to help parents with overweight and obese children? Join nationally recognized nutrition educator Melissa Halas-Liang, MA, RD, CDE, founder of SuperKids Nutrition, as she shares her top tips for nutrition professionals working with pediatric populations and families.

## COURSE OBJECTIVES

Following this course, participants will be able to:

- 1) Teach parents positive ways to speak to their children about healthy eating and weight
- 2) Work with families to set realistic and appropriate weight goals based on age and weight status
- 3) Use new strategies to help families create solutions that counter our obesogenic environment
- 4) Identify eating issues specific to children and teens, and understand how these factors may be contributing to weight gain
- 5) Counter habits that contribute to weight gain in children, especially during summer months
- 6) Supply parents with effective educational materials on pediatric obesity prevention and weight management
- 7) Understand paternal influences on weight gain

## CONTINUING EDUCATION

Registered Dietitians: this activity has been approved for **1.5** continuing professional education hours.

## SPEAKER



**Melissa Halas-Liang** holds an MA in Nutrition Education and is certified in Childhood and Adolescent Weight Management and Wellness Coaching. She has over 15 years of diverse experience in the field, including nutrition

through the lifecycle, teaching, education and curriculum development, clinical/critical care, nutrition management, counseling, media, and writing. In 2006, Melissa founded SuperKids Nutrition, Inc. ([www.superkidsnutrition.com](http://www.superkidsnutrition.com)) to “save the world one healthy food at a time™” and help prevent and reduce childhood obesity. Through SuperKids Nutrition, she provides nutrition articles, resources, learning activities, and newsletters that motivate children, families, and educators in thousands of schools in over 40 states to actualize a healthy lifestyle. She recently served as a panelist expert on Childhood Obesity for TEDMED.com and has partnered with the American Institute for Cancer Research (AICR) to help families prevent nutrition-related cancer by making positive health behavior changes.



Presented by the  
Greater New York Dietetic Association  
Pediatric Special Interest Group