



Wisconsin WIC
Association



Professional Development Conference 2021

Sponsored by WWA & Fit Families

Virtual Conference Agenda

Training modes: Lectures, discussion, video, case studies

Day 1: October 27th

8:30-10:00 AM

Session 1: Division of Responsibility and Eating

Competence: Raising children to be competent eaters

10:00-10:15 AM

Break

10:15-11:45 AM

Session 2: Supporting parents, care givers and educators
in establishing rewarding meals

11:45 AM-12:00 PM

Break

12:00-12:30 PM

Session 3: Feeding-dynamics issues in common
nutritional problems (Stage Appropriate Interventions)

12:30-1:15 PM

Lunch

1:15-2:15 PM

Session 3a: Feeding-dynamics issues in common
nutritional problems (Stage Appropriate Interventions)

2:15-2:30 PM

Break

2:30-3:45 PM

Session 3b: Feeding-dynamics issues in common
nutritional problems

3:45-3:50 PM

Break

3:50-4:35 PM

Session 4: Moving Forward: Getting started with feeding
dynamics

4:35-4:45 PM

Evaluation



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Introduction to the Possibilities

Introduction to the Possibilities is a full-day workshop nutrition designed to provide nutrition, health and education professionals information and application strategies of the feeding dynamics model. Mainstream policy and thinking often places emphasis on food selection when solving eating, feeding, and growth problems. A fundamental change of the feeding dynamics approach includes feeding relationship and eating competence training. This shift challenges the participant to think in terms of the how, not the what and/or how much of feeding and eating.

This workshop will provide a deeper understanding of the Satter Feeding Dynamics Model (fdSatter) and the Satter Eating Competence Model (ecSatter), along with strategies for application. Current nutrition research supporting the models is reviewed. Case examples addressing common child nutritional problems coach audience members in identifying feeding dynamics issues and how to talk to parents about them. This offering is an essential step for agencies working toward a consistent approach to nutrition education based on feeding dynamics and eating competence principles.

Wednesday, October 27th

**Co-led by Anne Blocker & Jennifer Harris of
the Ellyn Satter Institute**

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Anne Blocker, MS, RDN, CSSD, LD, CD, CDCES, CEDRD

Anne Blocker, is a registered and licensed dietitian and certified diabetes care and education specialist. She is credentialed as a sports specialty dietitian by the Academy of Nutrition and Dietetic and as an eating disorder dietitian through the International Association of Eating Disorder Professionals. She has experience as a professional speaker, author, nutrition therapist and health coach, clinical manager, and performance excellence examiner. She serves as the Executive Director for the Ellyn Satter

Institute, works with the Wellness Program at Luther College in Decorah, Iowa and sees patients in her private practice.

For the past 35 years she has been helping people live healthier and happier lives by breaking free of rigid dieting and developing a trusting relationship with food and their bodies. Seeing first-hand the end result of the distortions caused by poor feeding practices and restrictions led Anne to incorporate Satter's feeding models into the heart of her counseling and nutrition programming work. She understands that to help those who struggle with disordered eating and chronic disease management, health providers need to have a solid foundation in effective feeding and eating strategies. Her work in the area of early childhood feeding, diabetes, eating disorders, and performance nutrition have led her to the conclusion that the Satter eating competence and feeding dynamics models are the essential prevention and treatment modality for childhood feeding and adult eating issues, including weight divergence. As we are bombarded daily to eat less, slim down, and eat right, Anne is passionate about helping people bring joy back into feeding and eating.

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Jennifer Harris, RDN, LD,
CEDRD-S

Jennifer Harris is a registered and licensed dietitian nutritionist. She is also credentialed through the International Association of Eating Disorder Professionals as a Certified Eating Disorder Registered Dietitian and Supervisor. She has a varied work background which includes working at a WIC clinic, in an acute care hospital setting as a clinical dietitian, and as part of a student health service/wellness promotions clinic at an all-female college. For 29+ years Jennifer worked at CentraCare Health in St. Cloud, MN and specializes in the treatment of eating disorders

including: anorexia nervosa, bulimia nervosa, binge eating disorder, feeding and eating disorders not otherwise specified and avoidant restrictive food intake disorder. She understands that to help those who struggle with disorders, treatment providers need to have a solid foundation in effective and functional eating and feeding.

Her work in the area of eating disorders led her to the conclusion that the Satter eating competence and feeding dynamics models are the ultimate prevention and treatment modality for childhood feeding and eating issues, including dysfunctional and disordered eating and weight divergence. Since her first exposure to the Satter feeding dynamics model in 1996, she has incorporated it into her practice to support patients and family members during treatment. She currently trains and supervises registered dietitians wishing to specialize in the field of eating disorders utilizing the Satter eating competence model for adults and children.



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Day 2: October 28th

8:30-9:30 AM

Option 1: VENA: Counseling and Education

<https://dhswi.zoom.us/j/86191372495?pwd=WXBZQ1FLTXNOWm81Qy93Nm9FTG9CUT09>

9:30-9:45 AM

Break

9:45-11:15 AM

NWA Presenter - Noora Kanfash

<https://us02web.zoom.us/j/84285219850?pwd=VWptdXJDa0NIT2JieEZISFBNY0dqQT09>

11:15 AM-12:00 PM

Lunch

12:00-1:00 PM

WWA Annual Discussion - Aryn DeGrave

<https://us02web.zoom.us/j/84285219850?pwd=VWptdXJDa0NIT2JieEZISFBNY0dqQT09>

1:30-2:30 PM

Option 2: VENA: Counseling and Education

<https://dhswi.zoom.us/j/86191372495?pwd=WXBZQ1FLTXNOWm81Qy93Nm9FTG9CUT09>

1:00-4:30 PM

Fit Families: Updates, Refresher, and Breakouts

(Link to come from Jenni Logging)



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Professional Development Conference 2021: Day 2

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Noora Kanfash, MPH

Upcoming WIC Policy Opportunities

This session will outline WIC legislative and regulatory opportunities, many of which emerged from learnings during the COVID-19 public health and economic crisis, that aim to build a stronger WIC program. Learn more about WIC reform, funding, the upcoming food package review process and how you can become a policy advocate for WIC families by elevating your experience as a provider and the experiences of the families you serve.

Thursday, October 28th
9:45-11:15 AM



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Noora Kanfash serves as State Public Policy Manager at the National WIC Association. In her role, Noora mobilizes NWA membership, supports the Association's policy priorities, and monitors federal and state policy and regulation that impact WIC's public health and nutrition mission. Prior to joining NWA, Noora worked on child nutrition programs, SNAP, and state policy in Maryland. Noora's experience and research has been focused on approaching food access issues from a health equity lens. Noora holds a Master of Public Health from the University of Maryland.



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Professional Development Conference 2021: Day 2

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Aryn DeGrave, MS, RDN,
CD, CLC

The WWA Discussion will focus on highlighting the benefits of having a Statewide WIC Association, and the advocacy efforts that have taken place in the past, and where we are headed in the future. We will share how each member of the WIC community can be a link in the chain for changing policy, and helping to guide decisions that directly affect your local project and the families you serve.

Aryn is a WIC Nutritionist at the City of Milwaukee Health Department WIC clinic and the Chairperson of the Wisconsin WIC Association (WWA). She graduated with her BS in Dietetics from the University of Wisconsin Stevens Point in Stevens Point, WI. She then went on to complete her dietetic internship and obtain her MS in Dietetics at Mount Mary University in Milwaukee, WI. Aryn has been an active advocate for the WIC program over the last three years expressing her passion to improve and advance services to better serve the WIC community. Over the last year as WWA Chair, she has presented on state association collaboration during the NWA National Policy Conference and presented on the local perspective during the NWA Hill Briefing: Enhancing WIC's Cash Value Benefits. Aryn continues to collaborate with other WIC providers across the country to brainstorm ways to advance WIC services and improve the WIC experience, especially during the ever-changing environment of the COVID-19 Pandemic. When she isn't working, Aryn loves to explore local restaurants in Milwaukee and hike or kayak through the beautiful woods across Wisconsin.