



Lunch and Learn Parenting Seminars

Sponsored by NIH Child Care Board & ORS/Division of Amenities and Transportation Services

Please join us for these FREE informative discussions concerning
healthy eating habits and **surviving the holidays**.
Come and share your experiences with other parents.

How to Inspire Healthy Eating Habits in Children

November 5, 2009

12:00PM—1:00PM

Building 31/6C Room 6

Is your child a picky eater? Do you need ideas on what to pack for your child's lunch? The challenge we face as parents is how to juggle our busy schedules while still making healthy eating choices for our families. Parents put in place the building blocks for developing lifelong healthy eating habits. Attend this seminar to gain strategies for developing healthy eating habits, tips on how to handle a picky eater, and guidance from a Registered Dietician on how to pack nutritious school lunches.

Presented by: Ann Gerber, RD, LD, LifeWork Strategies

Presence for the Holidays

December 8, 2009

2:00PM-3:00PM

Building 31/6C Room 10

Attend this seminar that focuses on the value of spending time with your children and the impact of overindulgence. The presenter will define the "freedom of limits" and how parents and grandparents can create meaning for children and their families during the holiday season outside the frenzy of gift-giving. Also, strategies for recognizing and reducing family stress.

Presented by: Jennifer Alfonso, MBA, MSW, LCSW-C, LifeWork Strategies

Parenting Seminars will be carried on NIH VideoCast
<http://videocast.nih.gov>

Individuals with disabilities who need Sign Language Interpreters and/or reasonable accommodation to participate in the sessions should contact Tonya Lee (DATS) at least 5 days in advance of the event at 301-402-8180.

