

Nutrition Workshops

FEEDING



Evidence-based feeding strategies combined with real life experience from a pediatric dietitian and a mother of two—condensed into a 1.5 hour interactive workshop. All workshops include meal plans and recipes.



Natalia Stasenko is a pediatric dietitian with a Master's degree in Nutrition. Through her workshops, online classes and one-on-one sessions she helps families raise healthy eaters, resolve feeding problems, eat well with food allergies, and enjoy family meals in simple and delicious ways.



NUTRITION FOR PREGNANCY & BREAST FEEDING

- Calorie and nutrient needs
- Pregnancy and breast feeding daily food guide
- Right supplementation
- Super foods for pregnant & breast feeding moms
- Food allergy concerns



STARTING SOLIDS: 4 TO 8 MONTHS

- The right strategy and best first foods
- Important nutrients and right supplementation
- Choking prevention
- Latest about food allergies
- Meal plans and baby food recipes



FROM BABY TO TODDLER: 9 TO 18 MONTHS

- Transitioning easily to table foods
- Helping build balanced eating habits for life
- Identifying signs of a feeding problem
- Strategies to prevent picky eating
- Weaning off a bottle



PICKY EATING IN TODDLERS & PRESCHOOLERS

- Typical eating behavior vs. red flags
- Helping your child try new foods
- Stopping mealtime battles
- Important nutrients and right supplementation
- Strategies to build a healthy relationship with food

Feedback From Past Sessions

"We started using your techniques and THEY ARE WORKING. Oh my god. Can't tell you how thrilled we are. We had dinner with G. tonight family style and he ate rice with daal and naan. He asked for a second serving! It's a damn miracle."

-- Victoria G., New York

"We are all looking forward to family meals now. Before working with you I could not get S. to sit at the table for more than 5 minutes and was exhausted from fighting over vegetables every night."

-- Kate B., New York

"I really feel like we've turned a corner overnight! Just having the tools and a better grip on what the heck we need to do is really amazing."

-- Victoria G., New York

Contact Natalia To Schedule a Workshop
natalia.stasenko@gmail.com • +44 7545611284 • www.tribecanutrition.com