Oconee Medical Center workshop will help parents learn new ways of encouraging children to eat better

SENECA — Parents and caregivers are invited to attend a seven-session workshop at Oconee Medical Center (OMC) to learn new ways of helping their children eat better. The workshop, led by Eleanor P. Taylor, RN, MS, author of the award-winning book "Feeding the Kids: The Flexible, No-Battles Healthy Eating System for the Whole Family," will benefit anyone who wants their children to grow up eating and enjoying a greater variety of healthy foods.

The "Feeding the Kids – Raising Happy, Healthy Eaters" workshop will be held Sept. 8, 10, 15, 17, 22, 24 and 29 from 6:30 p.m. – 8 p.m. in the OMC Health Information Resource Center, located just off the lobby of the new patient tower. The cost is $95, which includes 10.5 hours of instruction, a copy of the book, supplemental handouts and food preparation demonstrations. Contact the OMC Wellness Center at (864) 885-7654 to register.

The Feeding the Kids workshop will provide parents with easy to use information on selecting and serving healthy foods, while maintaining a happy atmosphere at the table. It will offer action-oriented solutions for helping picky eaters try more foods, convincing children to eat their vegetables and strategies for enjoying junk food in moderation.

"Hopefully, parents will attend because they feel empowered and excited about raising kids who are 'happy, healthy eaters,'" said Taylor. "This workshop will be a lot of fun. There will be a number of hands-on activities, such as finding the healthiest favorite foods in a grocery store or restaurant. Everyone attending will come away with ideas for snacks, quick meals and recipe improvements."

Workshop participants will also learn:

How to help their child eat the right amount of food for their bodies

How to read labels in order to make healthy choices

Techniques of improving old family favorites

How to plan daily menus in order to shape healthy habits for life

Proven strategies for picky eaters.

Taylor's main career focus has been preventive medicine with an emphasis in nutrition and lifestyle modification. She has over 30 years of experience in wellness and health education including 20 years as the former director of the OMC Wellness Department. She also has experience in the development and management of health promotion and chronic disease management programs, including parent nutrition education, diabetes self-management and obesity treatment.