

## NUTRITION & CHILDHOOD OBESITY<sup>2</sup>

*Change Talk* prepares health professionals to use motivational interviewing (MI) to engage parents in difficult conversations related to childhood obesity and nutrition. Providers learn to reform parents' attitudes towards sugar-sweetened beverages, breastfeeding, and picky eaters. Providers practice relationship-centered communication to elicit parents' concerns, identify and amplify their reasons for change, and collaborate on an achievable plan for change.

### CONTENTS & LEARNING GOALS

- Motivational Interviewing and Patient-Centered Counseling techniques including Reflective Listening and Sustain Talk
- Listening to patients and families with empathy and help them work through their reasons for and against change.
- Supporting patients and families in addressing obstacles and creating change plans they're motivated to follow.



### CASES

<b>NAME(S)</b> Ethan Smith Heather Smith	<b>AGE</b> 10	<b>PRONOUNS</b> he, him, his she, her, hers	Conversation Time: <b>10 min</b> Conversation Skills Didactic: <b>5 min</b>
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#### SCENARIO

Ethan's BMI is in the 95th percentile. He avoids physical activity and drinks two cans of soda a day. His mom is defensive about any suggestion of a problem.

#### GOALS

Discuss Ethan's BMI and unhealthy behaviors using relationship-centered communication techniques that build motivation to change unhealthy habits.

<b>NAME</b> Samantha Bell	<b>AGE</b> 24	<b>PRONOUNS</b> she, her, hers	Conversation Time: <b>10 min</b> Conversation Skills Didactic: <b>5 min</b>
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#### SCENARIO

Samantha has a four-month-old baby. She's been breastfeeding exclusively, but due to difficulties pumping at work and pressure from family, she's considering a switch to formula.

#### GOALS

Help Samantha evaluate her options using reflections to amplify her reasons to continue breastfeeding.

<b>NAME(S)</b> Maya Perez Adrian Perez	<b>AGE</b> 4	<b>PRONOUNS</b> she, her, hers he, him, his	Conversation Time: <b>10 min</b> Conversation Skills Didactic: <b>5 min</b>
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#### SCENARIO

Maya's BMI increased to the 75th percentile due to unhealthy eating habits. Her dad defends these habits as being "picky" and argues strongly against change.

#### GOALS

Discuss Maya's BMI increase, uncover and address her dad's hesitations, and elicit reasons for change that promote healthy behaviors.

<sup>2</sup> Developed in collaboration with the American Academy of Pediatrics

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