

## **D4 HEALTHY, HAPPY KIDS: FAMILY NUTRITION MADE SIMPLE**

As parents, we work hard to give our children every possible advantage in life. Yet too often we don't have the time (or don't make the time) to look after their nutritional health. We don't completely understand what eating right means ourselves and we're battling some pretty formidable enemies such as junk food and fast food. As a result, our children don't eat enough of the good things they need – especially fresh fruits and vegetables. During this training, parents learn 9 simple steps to help improve their family's daily nutrition and the role these changes can play in reducing the risk of disease and behavioral problems in children of all ages.



### **Trainer: Christine Trochesset**

*Christine Trochesset is a foster/adoptive parent of three highly special needs little people, and struggled to learn how to best help them. After three years of many tears and LOTS of nutrition research, she discovered a few easy and simple things about nutrition, which have helped the whole family enormously but dramatically helped her little people.*

*Christine regularly attends conferences every spring and fall, and uses the Dr. Sears 9 simple steps program, and Nutrition Detectives. Christine is passionate about family nutrition and loves sharing what works for her family, and helping little, and big, people feel better.*