

# Avera Friday Forum- Eating Habits: How do I help my child?

05/01/2026 to 06/01/2026

Enduring Material

## **Purpose:**

We recognize the need for ongoing education on behavioral health topics for disciplines who provide care to children and adolescents. This educational session is specially designed to educate Nurses, Counselors, Social Workers, and other disciplines who work with children and adolescent youth, particularly in the school setting, on behavioral health topics. This activity will teach learners the importance of understanding healthy eating habits and how this plays a role in body images.

## **Objectives:**

- 1 Discuss how a healthy diet affects children
- 2 Discuss how to help a child cope with healthy versus unhealthy choices
- 3 Review the pressures that children face with body shaming, athletic pressure, and body dysmorphia
- 4 Identify what resources schools or counselors can offer to help parents with dietary related concerns.
- 5 Identify methods to assist a child that is struggling with healthy eating habits.

## **Target Audience:**

Nurse - RN, Social Worker, Counselor / Therapist, Nurse -LPN/LVN, Registered Dietician

## **For successful completion:**

- Read Articles
- Watch video
- Complete post-test
- Complete evaluation

## **Accreditation & Credit Designation:**

### **Accreditation**



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Avera is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### **Continuing Education Credit Designation(s)**



IPCE CREDIT™

**IPCE (Team-based):** This activity was planned by and for the healthcare team, and learners will receive 1.50 IPCE credit(s) for learning and change.

**Nurse CE:** Avera designates this activity for a maximum of 1.50 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

REMINDER

Attendance can be texted up to 24 hours after the activity





**Social Work:** As a Jointly Accredited Organization, Avera is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.50 General continuing education credit(s).

**Counselors, Marriage and Family Therapy (SD Board of Examiners):** Avera is a recognized provider of continuing education, for all counseling related content, for the South Dakota Board of Examiners for Counselors and Marriage and Family Therapists. Social Workers will receive 1.50 continuing education clock hour(s) for participating in this course.

**Additional Information:**

Feedback person for this educational activity is:

Enduring Material available from 05/01/2026 to 06/01/2026

- This course content was reviewed on 04/09/2026

**Disclosure Policy:**

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kelsey Bahr, RN, Nurse	Lead Planner	Nothing to disclose
Megan Bryant, RN	Faculty	Nothing to disclose
Paige Goldade, BSN, Clinical Nurse Educator	Lead Planner	Nothing to disclose
Amanda Hoseck, BSN	Lead Planner	Nothing to disclose
DeeAnn Konrad, BS, APR - Accreditation in Public Relations	Faculty	Nothing to disclose
KELSEY SJAARDA, MSW, Social Worker	Committee Planning Member	Nothing to disclose
Christa Sobocinski, BA, Medical Educator	Content Expert - Committee Member	Nothing to disclose
Grady Wachal, BS	Faculty	Nothing to disclose
Morgan Willard, RD, Registered Dietitian	Faculty	Nothing to disclose

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