A series of training days:

**Nutrition in the first 1000 days – A Public Health priority**

Recommendations and guidelines for long-term health, including responsive and complementary feeding practices and important dietary milestones

**Date:** Thursday 28 January 2016
**Venue:** Carlton House Terrace, London

**Date:** Wednesday 24 February 2016
**Venue:** Aintree Racecourse, Liverpool

**Date:** Wednesday 9 March 2016
**Venue:** The Old Library Space, Custard Factory, Birmingham

### About the conference

A full day conference covering all key aspects of nutrition during the first 1000 days including pregnancy, breastfeeding, 1st year of life, and toddler.

The conference will include amongst other topics, the latest advice on responsive feeding, complementary feeding, family nutrition and dealing with fussy eaters.

This conference is designed for health visitors, midwives, community nurses, practice nurses.

### Programme

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<td>Early nutrition and long term health</td>
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<td>Complementary feeding – what should Healthcare professionals be advising mums</td>
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<td>The importance of family nutrition from conception to toddler</td>
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**10.00 – 10.45 Early nutrition and long term health**
- Latest research to show how and why varying infant feeding methods have an impact on later health outcomes and consequences
- Why all the fuss about protein? Latest investigating the role of protein in early growth including why the protein quantity and quality in formula is being redressed
- The latest recommendations and guidelines in infant feeding.
  - Atul Singhal, Professor of Paediatric Nutrition, Childhood Nutrition Research Centre, UCL Institute of Child Health, London

**10.45 – 11.45 Complementary feeding – what should Healthcare professionals be advising mums**
- Responsive feeding
  - What is responsive feeding?
  - What advice should a healthcare professional be giving to mum?
- Latest guidelines and recommendations in current complementary feeding practices.
  - Jenny Gordon PhD, BSc, RGN RSCN, Independent Consultant

**11.45 – 12.30 Panel questions from morning presentations**

**Supported by**

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Free to attend for healthcare professionals
The key speakers, all from the Institute of Child Health in London, will be:

- **Atul Singhal** – Professor of Paediatric Nutrition, UCL Institute of Child Health, Honorary Consultant Paediatrician, Great Ormond Street Hospital
- **Dr Julie Lanigan** – Principal Research Associate (UCL Institute of Child Health), and Honorary Specialist Paediatric Dietitian, Great Ormond Street Hospital
- **Dr Jenny Gordon** PhD, BSc, RGN RSCN, Independent Consultant

There will be a number of opportunities on the day to ask questions and discuss current caseloads at what will be an informative and interactive symposium.

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**Booking Form**

**Nutrition in the first 1000 days – A Public Health priority**

**To book:**  Fax: 01273 227 308  Tel: 01273 434 943  Web: www.pavpub.com  Email: info@pavpub.com

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**Location/date**  **Quantity**

- Delegates:
  - London (28/01/16)
  - Liverpool (24/02/16)
  - Birmingham (09/03/16)

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**Your details** (Please complete this section for each delegate. Photocopies are acceptable.)

- Dr Mr Mrs Ms (Please circle) Other:
- First name:
- Surname:
- Job title:
- Department:
- Organisation:
- Address:
- Postcode:

- Tel:
- Fax:
- Email:

- I am a wheelchair user □  I require a vegetarian meal □
- I require a hearing loop □
- Please state any other requirements:

- Name:
- Signed:
- Date:

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**Terms and conditions**

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