SEMDA’s November Continuing Education

Beyond Nutrition Education: Supporting Parents to Promote Positive Child Nutrition  
By Dr. Katherine Bauer

Thank you for attending the presentation! Please complete the quiz and return your answers to [annanicole5191@gmail.com](mailto:annanicole5191@gmail.com) for your certificate.

1. True or False: Mothers who reported worse self-regulation also reported using food to appease their children during tantrums.
2. True or False: Extreme stress and deprivation in early childhood is correlated with lower levels of self-regulation in adulthood.
3. Please describe one example of stigma parents reported hearing in the “Listening to Parents” study.
4. What is one of the reasons Dr. Bauer discussed might explain why there is a large number of parents who drop out of these studies?
5. What was your biggest takeaway from the presentation?