

Supporting the social and emotional wellbeing of children with higher weight



Amanda

Child and Family Partner, QLD

Amanda is a busy Mum to 11 and 14-year-old children. She has worked for over 20 years in various early childhood services and has an interest in supporting the mental health of children.

From her personal and professional experience, Amanda has a good understanding of supportive ways practitioners and educators can support the social and emotional wellbeing of children with higher weight.



Dr Michaela Baulderstone

General Practitioner, SA

Dr Baulderstone has worked at the Oakden Medical Centre since 2013. She provides special clinics for child health and wellbeing, and parenting support. These include the Kids Clinic and the “Potties & Pillows” Sleep and Toileting Clinic. She has undertaken targeted training in primary care child health, child behaviour, parenting counselling and interpersonal therapy.

Dr Baulderstone is passionate about helping parents with the “best and hardest” job in the world. Her proudest professional achievements have been becoming a certified provider of the two following evidence-based programs: “What’s the Buzz” child social and emotional skills programme (July 2016) and the Melbourne University “Tuning in to Kids” Parenting Program (May 2017).

Supporting the social and emotional wellbeing of children with higher weight



Megan McClintock

Dietitian, NSW

Meg McClintock is an Accredited Practising Dietitian with 20 years of experience across both public and private healthcare settings. She is Founder and Principal Dietitian at Choose Nutrition and has a special interest in challenging eating behaviour, disordered eating and eating disorders as well as weight and body image concerns.

Meg has presented on weight inclusive healthcare and the non-diet approach to GPs, paediatricians, exercise physiologists, psychologists, dietitians and dietetic students at universities, conferences and interest group workshops for the past five years.

Meg is passionate about eating disorder prevention and doing no harm when addressing eating and weight concerns across the lifespan.



**Facilitator:
Dr. Daniel Moss**

**Workforce
Development
Manager, SA**

Dan Moss has been Manager, Workforce Development at Emerging Minds for three years.

Previously he worked as Assistant Director, Performance, Reporting and Evaluation at the Department for Child Protection. In this role, he worked closely with the Early Intervention Research Directorate to explore the social determinants of child disadvantage and child protection involvement.

Dan also worked for Uniting Communities for 15 years, as a practitioner, supervisor and senior manager in a range of services with children, parents and families dealing with the effects of family violence, child sexual abuse, mental health conditions and drug and alcohol use.

As a practitioner, Dan has a strong interest in narrative and strength-based engagement strategies with children, parent and families.

Dan's PhD thesis included research on approaches to men's behaviour change programs and a creative writing component.