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Topic

Navigating the Unknowns of Pregnancy: Body Image, Food and Fear

Abstract

For many women pregnancy is a joyous time when the body provides for the unborn child and excitement builds for the pleasures, challenges and triumphs that come with bringing a new life into the world. Yet for others, the experience of being pregnant is terrifying. The “unknowns” of their weight, pressures to keep fit and loss of control creates emotional distress culminating in the development of eating disorder behaviors during and after pregnancy.

Learning Objectives

1. Participants will be able to identify three contributing factors to development of disordered eating behaviors during and after pregnancy.
2. Participants will be able to describe two warning signs that a pregnant women is struggling with disordered eating.
3. Participants will be able to describe two strategies for a professional to appropriately support and care for pregnant women with disordered eating behaviors.

Schedule

August 19, 2017

2:45-4:00 pm Presentation

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