



**Healthy Weight
Research Network**

**Children with
Autism Spectrum Disorder
& Developmental Disabilities**

FREE WEBINAR

Activating Family-Centered Routines to Promote Health for Children with Down Syndrome

Wednesday, February 7, 2024

12:00 - 1:00 PM EST

Children with Down syndrome face unique barriers to building healthy habits and routines. In this webinar, Dr. Caldwell will share insights gleaned through mixed-methods research about both facilitators and barriers to health for young children with Down syndrome. She will also describe how applying elements of behavioral activation (i.e., goal-setting, skills training, activity scheduling, and monitoring) can help families of young children with Down syndrome adopt new, healthy routines.

Learning Objectives:

1. Attendees will be able to describe barriers and facilitators to health for young children with Down syndrome.
2. Attendees will be able to identify 2-3 strategies to help families overcome barriers and build routines that promote health.

SPEAKER:

Angela Caldwell, PhD, OTR/L, CLT

Assistant Professor

University of Pittsburgh

Department of Occupational Therapy



TO REGISTER:

https://bit.ly/HWRN_Webinar_Angela_Caldwell

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