

Autism and ADHD Nutrition Therapy (AANT) Certification



AANT Batch Start Date : 7 March 2025

Program Overview:

Introduction: The Autism and ADHD Nutrition Therapy (AANT), a comprehensive certificate course offered by **JKP Care Foundation**, is designed with a goal to equip healthcare professionals, Dieticians and parents with the knowledge and skills necessary to effectively manage children with Autism Spectrum Disorder (ASD) through nutrition therapy. This course emphasizes a multidisciplinary approach, acknowledging the complex interplay between nutrition, gastrointestinal health, and neurodevelopmental factors in individuals with Autism and ADHD.

Learning Outcomes:

- Identification of common feeding problems related to gut-brain connection in children with Autism & ADHD
- Recognition of the role of nutrition in neurodevelopment and feeding therapy
- Ability to implement personalized meal plans and behavioural interventions for individuals with Autism & ADHD

Course Structure:

The AANT course consists of two levels, each comprising several modules tailored to address different aspects of autism and nutrition therapy.

Eligibility criteria:

Healthcare professionals, Paediatricians, Occupational therapists, Speech and Language pathologists, Physiotherapists, Psychologists, Behaviour therapists, Qualified Dieticians/ Nutritionists and Parents of children with Autism & ADHD and students.

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MODULES

PART A: *Fundamentals of Autism & ADHD*

Modules 1: Introduction & Basics

- Understanding Autism
- The Baby Brain
- Diagnosis, Signs and Symptoms -Autism & ADHD
- Importance of Multidisciplinary team

Modules 2 Part 1: Introduction and Basics

- Understanding Sensory System
- Sensory Diet
- Therapeutic Intervention and services

Module 2 Part 2: Growth assessment of children with Autism & ADHD

- how and why growth varies in children who have ASD
- the basics of growth monitoring,
- and how to monitor growth of children with ASD.

Module 3: Gut Brain Axis

- Exploring the brain-gut connection and its implications
- Investigating gastrointestinal dysfunction in children with ASD
- Addressing dysbiosis and optimizing GI support

PART B: INTERVENTIONS IN MANAGEMENT OF Autism & ADHD

Module 4: Nutrition and Special Diets

- Balanced Diet
- Understanding nutrient deficiencies and their impact
- Exploring various dietary interventions and their practical implementation
- Mastering special diets for children with autism

Module 5: Building a Healthy Relationship with Food

- Exploring the Psychological Aspects of Nutrition
- Understanding the Role of Gut Microbiome in Dietary Health
- Counseling Techniques for Individuals with ASD
- Examining Dietary Impact on Mental Health
- Promoting Positive Attitudes towards Food
- Strategies for Fostering Healthy Eating Habits

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Module 6 Part 1: Assessment and Intervention Strategies

- Developing assessment and intervention strategies for feeding issues
- Crafting meal plans and recipes tailored to the ASD population

Module 6 Part 2: Counselling Parents and caregivers

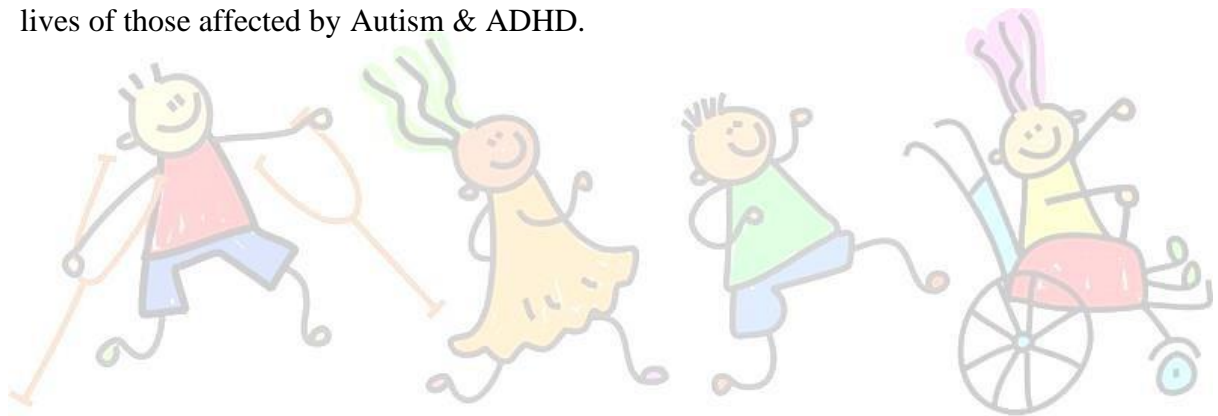
Mode of Teaching:

- **Live lectures**
 - **Session 1:** March 7, 2025 – 5:00 PM to 7:00 PM, **FRIDAY**
 - Session 2:** March 8, 2025 – 5:00 PM to 7:00 PM, **SATURDAY**
 - Session 3:** March 9, 2025 – 5:00 PM to 7:00 PM, **SUNDAY**
 - Session 4:** March 15, 2025 – 5:00 PM to 7:00 PM, **SATURDAY**
 - Session 5:** March 16, 2025 – 5:00 PM to 7:00 PM, **SUNDAY**
 - Session 6:** March 17, 2025 – 5:00 PM to 7:00 PM, **MONDAY**

Timings are mentioned as per India Timings. International Participants are requested to convert the timings as per their country time zone.

- Direct consultation with Program Director for clarifications and support
- Periodic assessments including notes, MCQs, and case studies

The AANT course offers a comprehensive and practical approach to addressing the nutritional needs of individuals with autism, empowering participants to make a meaningful impact in the lives of those affected by Autism & ADHD.



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FACULTY

This program is led by a team of distinguished subject matter experts under the guidance of Mrs. Sushila Sharangdhar.



Program Director: **Mrs. Sushila Sharangdhar**, Registered Dietitian

A Registered Dietician with 4 decades of varied experience in renowned hospitals like Hinduja, Nanavati, Wockhardt and many more. Nutrition for Children with special healthcare needs is very close to her heart. Since 2007 she has been associated with various clinics for the same.

Program Duration: Two Weeks

Language of Instruction: English

Fee: INR 7500 or US\$ 100 With a free Diet Consultation & Follow up by our senior experts.

How to Apply:

To Enroll transfer Course Fee in the following NGO Bank Account:

(International Participants are requested to transfer fee in US Dollars)

A/c Name: Jaikripalu Prabhu Care Foundation

Bank Name: Axis Bank

A/c Number: 922020047115906

IFSC Code: UTIB0004766

SWIFT Code: AXISINBB019



Alternatively, you may also pay Google Pay, Phone Pe, Paytm and other Wallets using QR Code of JAIKRIPALU PRABHU CARE FOUNDATION given below or pay via Debit / CreditCard on our Website www.jkp.ngo (Pay Online Button)



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