



**nutrition
network**

ONLINE TRAINING

The Next Generation: Child & Family Health

For Medical and Allied Healthcare Professionals

Designed to help understand child health as a full developmental, metabolic, neurological, family, cultural, and practical journey.

- Defining what a healthy child needs
- Explains what disrupts healthy development
- Common childhood conditions
- How to help families apply the knowledge

HOW THE COURSE WORKS

EACH LECTURE INCLUDES

- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- Downloadable resources and journal article references
- Quiz to assess what you have learned

TRAINING MATERIALS

- Video lectures, interviews and panel discussions
- Physiology and scientific evidence
- Practical clinical implementation guidelines
- Screening and assessment tools
- Speaker presentations and reference lists
- Patient education resources

ACCREDITATION

CERTIFICATE OF COMPLETION

- On completing the training, you will be issued a Certificate of Completion. This module contributes towards certification as a Nutrition Network Practitioner.

CPD STANDARDS ACCREDITATION

- This module is submitted for full international accreditation with The CPD Standards Office. Certificates are recognised across a wide range of

WHO IS THIS TRAINING FOR?

ELIGIBLE PARTICIPANTS

- Medical professionals
- Allied healthcare workers
- Nutrition Network graduates
- Nutritionists and dietitians
- Health and wellness coaches

LECTURERS & TOPICS

International specialists covering identification, treatment and management of Child and Family Metabolic Health.

**Lily Nichols, RDN**

Registered dietitian and certified diabetes educator,

**Dr Ian Lake**

UK-based primary care physician

**Tamzyn Murphy, RD, MSC**

Registered dietitian

**Dr Georgina Pujol-Busquets PhD**

Doctor of Philosophy & Researcher at The Noakes Foundation

**Dr. Robert Cywes, MD, PhD**

Pediatric Surgeon with a special interest in Keto/LCHF Metabolic Management and Bariatric Surgery

**Katherine Megaw, RD**

Author, Clinical Paediatric Dietitian & founder of nutripaeds.

**Caryn Zinn**

Sports, Movement, and Young Athletes

**Dr Michelle Perro**

Veteran pediatrician with over four decades of experience in acute and integrative medicine

**Azza Motara, RD**

Nutrition Network Scientific Education Specialist & Clinical Dietitian

**Maria Emmerich**

Author, health coach, and keto/carnivore expert, helping people improve metabolic health.

LECTURE OUTLINE

Content reviewed by the Nutrition Network Medical Advisory Board

TOPIC	LECTURER
Low Carb, Ketosis & Pregnancy: The Controversy & The Science	Lily Nichols, RDN
Pregnancy, Maternal Metabolic Health, and Early-Life Programming	Lily Nichols, RDN
Prevention & Management of Obesity in Childhood	Tamzyn Murphy, RD, MSC
Obesity Medicine: Bariatric Surgery, Ozempic, Children	Dr. Robert Cywes, MD, PhD
Global Children's Environmental Health Bill of Rights	Dr Michelle Perro
Nurturing the Microbiome: Foundations for Lifelong Healthy Habits	Dr Michelle Perro
Neuromaturation in Early Childhood Neurodevelopmental Transition	Dr. Robert Cywes, MD, PhD
Type 1 Diabetes in Children: Glycemic Variability, Food Quality, Lower Carb Options, and Safety Boundaries	Dr Ian Lake
Culture, Family, and the Child's Food Environment	Dr Georgina Pujol-Busquets PhD
Autism Spectrum Disorder	Dr. Robert Cywes, MD, PhD
Ketogenic Diet Therapy for Pediatric Epilepsy	Katherine Megaw, RD
Nutritional Needs: From Cradle to College	Azza Motara, RD
Get Your Kids OFF Sugar & LOVING Protein! Holidays, Vacations & Cravings	Maria Emmerich
Sports, Movement, and Young Athletes	Caryn Zinn
INTERVIEW: Weaning Babies, Breastfeeding, & Prof's Trial	Azza Motara & Prof Tim Noakes

ABOUT THIS TRAINING

The Child and Family Health module is designed to help practitioners understand child health as a full developmental, metabolic, neurological, family, cultural, and practical journey.

This module is not simply about treating childhood disease.

It begins by defining what a healthy child needs, then explains what disrupts healthy development, then moves into common childhood conditions, and finally teaches practitioners how to help families apply the knowledge

4 CENTRAL POINTS OF THIS MODULE

Why Child and Family Health Matters

What the Practitioners Need to Understand

How Practitioners to move from theory into practice.

What Practitioners and Families Do Next

WHY CHILD AND FAMILY HEALTH MATTERS

HEALTHCARE SYSTEM

Practitioners are being asked to help children with obesity, insulin resistance, type 1 diabetes, epilepsy, ASD, ADHD traits, eczema, allergies, gut symptoms, sports performance needs, and academic pressure.

FAMILY COMPLEXITY

Families are trying to raise healthy children in a food environment dominated by ultra-processed foods, sugar, seed oils, additives, screen pressure, school food challenges, social events, and cultural complexity.

CHILDHOOD COMPLEXITY

Children are facing rising rates of metabolic, neurological, immune, behavioral, and inflammatory conditions.

THE URGENCY IS CLEAR

Child health is no longer only about preventing disease later in adulthood. It is about supporting healthy growth, brain development, immune resilience, metabolic stability, family food systems, and lifelong health from the earliest stages.

WHAT PRACTITIONERS NEED TO UNDERSTAND

The module teaches that children are not small adults. Their nutrition and lifestyle needs change across life stages.

The practitioner must understand:

Maternal metabolic health and early-life programming

Breastfeeding, weaning, and first foods

Nutrient needs across infancy, childhood, puberty, and adolescence

Family cultures shaping food behavior

How South African food realities affect child health

Ultra-processed foods disruption of appetite, metabolism, immunity, gut health, and brain function

How toxins, food quality, and environmental burden may contribute to pediatric illness

Applying therapeutic nutrition safely when children have specific medical conditions

Coaching families without shame, blame, or unrealistic advice

HOW THIS KNOWLEDGE IS APPLIED

The module must teach practitioners how to move from theory into practice.

Guiding parents, caregivers, teens, and extended family systems

Identifying metabolic, neurological, immune, gut, and behavioral red flags

Supporting healthy pregnancy, first foods, and childhood nutrition

Reducing ultra-processed foods in realistic family contexts

Working with cultural staples respectfully

How to get kids off sugar & loving protein.

Applying low-carb, low-glycemic, real-food, or ketogenic approaches only where appropriate

Supporting children with type 1 diabetes, epilepsy, ASD, ADHD traits, allergies, eczema, and gut symptoms

Helping families with recipes, lunchboxes, snacks, parties, school food, and social pressure

WHAT PRACTITIONERS AND FAMILIES DO NEXT

The module must end with implementation.

Practitioners should leave knowing how to guide families through practical next steps:

- What to prioritize first
- What to screen for
- When to refer
- How to communicate without fear or shame
- How to support parents who are overwhelmed
- How to manage picky eating, school lunches, parties, travel, and family resistance
- How to make change sustainable inside real households

SIGN UP NOW

Child health is built in the home, shaped by culture, disrupted by the modern food environment, and restored through practical, developmentally appropriate, family-based change.

[CLICK HERE TO ENROL NOW](#)



Child & Family Metabolic Health

The Child & Family Health training provides an evidence-informed framework for supporting optimal health from pre-conception through adolescence. You'll learn how nutrition, lifestyle, metabolism, and the family environment shape child

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