

Thursday 20<sup>th</sup> October 2011

# Award-winning guidance on toddler portion sizes

## Poster presentation awarded 'best practice' at CPHVA/Unite conference

Following yesterday's launch of the Infant & Toddler Forum's new Factsheet '**Portion Sizes for Toddlers: 1-3 Years**', the guidance has won first prize for the CPHVA/Unite Annual Professional conference best practice poster award.

***Judy More, paediatric dietitian and member of the Infant & Toddler Forum (ITF), presented the poster at the conference. She said:*** "The ITF is delighted to have won this award and very grateful to the CPHVA/Unite for their recognition. Our poster presented the simple, practical advice that we have produced on portion size ranges for toddlers. We are very proud of the research and resulting recommendations, and I think an award like this helps support the validity of evidence-based best practice guidance on pre-school feeding and nutrition."

***Gavin Fergie, Professional Officer for the CPHVA/Unite and poster presentation judge, said:*** "The standard at this year's awards was very high and the ITF poster ticked all the boxes. Its clear messages were very impactful on delegates, with no guesswork needed. The presentation was highly relevant to clinical practice and it was clear how the guidance could be used when advising families on how much to feed pre-school children, reinforcing, and in some cases improving, the practical knowledge of community practitioners. Judy More was very informative on the subject of toddler portion sizes and the accompanying Factsheet was an excellent resource to be able to take away from the presentation. The Education and Development Trust, who sponsor the poster award prize, agreed that the judges made the right decision to award this poster first prize."

***Kitty Lamb, Chair of the Professional Advisory Committee and CPHVA/Unite poster presentation judge, said:*** "The poster was clear, well presented and easy to understand. Delegates benefitted from a presentation that informed practice almost immediately."

***John White, Chair of the Education and Development Trust, said:*** "The Trust exists to promote examples of good practice in community nursing. The poster entered by the ITF both provides examples of outstanding practice and also, in our view, had the important quality of providing inspiration for colleague practitioners."

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