

You Nutrition Clinic

Paediatric Nutrition Practitioner Training Course



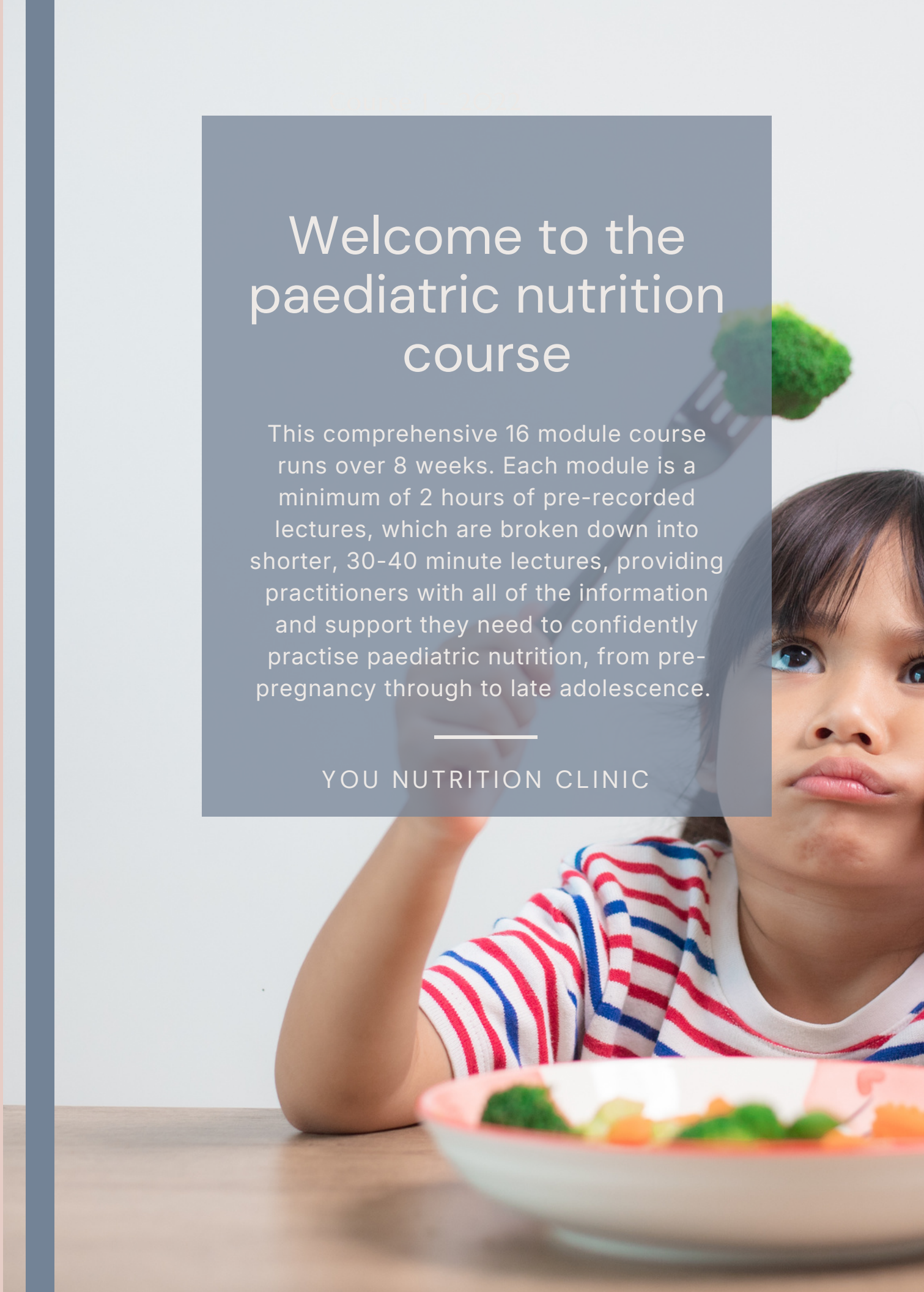
This course provides practitioners with the knowledge and tools to confidently practice paediatric nutrition, supporting children from pre-pregnancy through to late adolescence.

October 2022

Welcome to the paediatric nutrition course

This comprehensive 16 module course runs over 8 weeks. Each module is a minimum of 2 hours of pre-recorded lectures, which are broken down into shorter, 30-40 minute lectures, providing practitioners with all of the information and support they need to confidently practise paediatric nutrition, from pre-pregnancy through to late adolescence.

YOU NUTRITION CLINIC



Dr Kirstie Lawton

Lead Lecturer



Dr Kirstie Lawton, PhD is an AfN-registered Nutritionist (ANutr), a BANT-registered Functional Nutritionist (fBANT) and a CNHC-registered Nutritional Therapy Practitioner. She has a PhD in Nutrition and a BSc in Public Health Nutrition, both from Queen Margaret University, and a 3-year DiplON from the Institute for Optimum Nutrition in London. She also has an MSc from the University of Sheffield and a PGCE in Higher Education from the University of London, a PGCE in Higher Education from the University of London, and has completed several modules on Psychiatry Redefined's Fellowship in Nutritional Psychiatry.

For more than 20 years, both within the UK and internationally, Kirstie specialised in the field of child and young adult nutrition, with a focus on research and education, and clinically in gastrointestinal health, metabolic health, neurological health and immune health conditions. In addition to her clinical work, she was integral to the development of the UK's first Graduate Diploma in Integrative and Functional Nutrition, delivered by the Institute for Optimum Nutrition (ION), in collaboration with the University of Portsmouth (UoP).

She has taught paediatric nutrition at several institutes in the UK, including ION/UoP, Queen Margaret University in Edinburgh, the University of Worcester and the University of Northampton. She also developed and delivered practitioner training in paediatric nutrition through ION in 2023. She is a member of the Editorial Board for the Nutritional Medicine Institute and Journal.

Jessica Oldfield

Course Developer &
Lecturer



Jess Oldfield is a BANT Registered Nutritionist and CNHC Registered Nutritional Therapy Practitioner, trained at the Institute for Optimum Nutrition. She has undertaken additional professional training in paediatric nutrition and through NEDDE, developing specialist knowledge in supporting children with feeding and neurodevelopmental conditions including ARFID, PDA and PICA.

Jess specialises in paediatric nutrition and is the Lead Paediatric Practitioner at You Nutrition Clinic, working with families in both private practice and multidisciplinary clinical settings. She supports children with selective eating, neurodevelopmental conditions and complex immune presentations, with particular focus on autism, ADHD, gut health and immune regulation, including PANS/PANDAS.

Robyn Puglia

Autoimmunity Lecturer



Robyn is a Registered Nutritional Therapy Practitioner with a specialised interest in functional medicine approaches to complex chronic health presentations. She has extensive clinical experience working with autoimmune conditions, coeliac disease and gluten-related disorders.

Her work focuses on supporting individuals with conditions such as autoimmune disease, ME and fibromyalgia, often working with clients managing multiple diagnoses and long-standing health challenges. Robyn uses personalised nutrition and lifestyle strategies to help support long-term health and resilience.

She has worked with clients internationally, including in London, Tokyo and New York, and now runs a virtual practice supporting clients worldwide.

Emma Hendricks
Eating Disorders Lecturer



Emma is a Registered Nutritional Therapy Practitioner (fBANT, CNHC), Behaviour Change Practitioner and Trainee Health Psychologist (BPS). She specialises in disordered eating, eating behaviour, body image and emotional wellbeing, and is trained in psychological approaches including acceptance and commitment therapy and behaviour change strategies.

Emma is also an educator and mentor, delivering practitioner training on nutrition in eating disorders and behaviour change for organisations including the Institute for Optimum Nutrition and the National Centre for Eating Disorders. She trained at the Institute for Optimum Nutrition, graduating with distinction, and is currently completing a doctorate in Health Psychology focusing on body image and disordered eating.

Nicola Moore
Hormone Lecturer



Nicola is a highly respected Nutritional Therapy Practitioner with over 20 years' experience in clinical practice, teaching and mentoring, she blends deep knowledge of physiology and emotional wellbeing with a compassionate, practical style that helps people rebuild a positive relationship with food.

A former Head of Clinics and now Fellow of the Institute for Optimum Nutrition, Nicola has supported hundreds of clients, from leading performers to those navigating demanding everyday lives, to understand their bodies, nourish themselves with confidence, and feel truly well. Her philosophy centres on food freedom, emotional resilience and empowering people to thrive without perfection.

Deborah Allen

Metabolic Health Lecturer



Deborah is an HCPC-registered Dietitian and BANT-registered Functional Nutritionist, with an MSc in Nutrition from the University of Ulster and a Postgraduate Diploma in Dietetics from Cardiff University. She has also completed FODMAP training through Monash University and further training in nutrigenomics and sports nutrition.

Deborah has over 20 years' experience in the field of nutrition and dietetics, including 10 years running a dietetic department that specialised in paediatric and young adult weight management and metabolic health conditions.

She is also an experienced Health Coach specialising in nutritional support for those using GLP-1 medications through Second Nature, an NHS endorsed digital health programme.

Kate Knowler

Blood Test Lecturer



Kate is a Registered Nutritional Therapy Practitioner. Since studying blood test interpretation with Dr. Dicken Wetherby, she now specialises in supporting other nutritional therapists with blood test interpretation. Kate is passionate about building their confidence in understanding and using blood results safely and effectively in clinical practice, and her work bridges the gap between what nutritional therapists learn at college and what they face in real clinical settings, with a strong emphasis on accuracy, safety and working within scope.

Alongside teaching, Kate runs a CQC-registered phlebotomy clinic in London offering private blood testing, Ofqual-regulated phlebotomy training, and clinical support.

Kerry Fugard
Testing Lecturer



Kerry is a BANT-registered nutritionist with a BSc in Nutrition from Middlesex University, a Postgraduate Diploma in Clinical Nutrition and a BA in Psychology. She has also completed advanced training in functional nutrition through the Kharrazian Institute and Dr Jason Hawrelak.

With over 20 years of experience in the health and nutrition field, Kerry has particular expertise in neurodevelopment, gut health, autoimmunity and the microbiome. She also works as a clinical specialist for a functional testing and genetics laboratory, supporting practitioners with test selection, interpretation and clinical application of functional tests in practice.

Clare Young
Gut Health Lecturer



Clare is a Registered Nutritional Therapy Practitioner and BANT registered who trained at the College of Naturopathic Medicine (CNM). She has also completed further professional training in children's health through NEDDE, alongside additional training in reflux, feeding difficulties and early years nutrition.

Clare has particular expertise in children's gut health, feeding challenges and neurodevelopmental conditions including ARFID, PDA, autism and ADHD. Her work focuses on digestive health, reflux, immune function and the role of early nutrition in supporting child development, using a functional and evidence-informed approach to support children with complex symptom presentations.

Debbie Grayson

Supplements Lecturer

Known as the Godmother of Pharmacology, Debbie has over 30 years experience as a pharmacist with an additional 10 years experience as a nutritional therapist.

She is widely recognised as the expert on the impact of medication on the body and the interactions between medication, nutritional status and supplements. Debbie runs Practice with Confidence a groundbreaking organisation providing clinical training courses and mentoring.



"The destiny of nations is determined by the way they feed their children."

—

Jean Anthelme Brillat-Savarin



Curriculum

Pre-pregnancy and pregnancy

Lecturer – Jessica Oldfield

Lecture 1: Preconception & female fertility

Lecture 2: Male fertility & epigenetic programming

Lecture 3: Pregnancy physiology & nutritional requirements

Lecture 4: The maternal & infant microbiome

Learning Outcomes

Identify maternal nutritional and lifestyle factors that influence child health outcomes, and apply this knowledge to support preconception and pregnancy. Interpret how maternal nutrient status, metabolic health, microbiome and immune function shape early child development. Recognise the importance of prenatal and preconception history when assessing children in clinical practice.

Childbirth – First 6 months

Lecturer – Jessica Oldfield

Lecture 1: Infant nutrition and early developmental foundations

Lecture 2: Birth events and early microbial colonisation

Lecture 3: Infant feeding: breastfeeding and formula feeding

Lecture 4: The newborn gut, microbiome and immune development

Learning Outcomes

Understand how birth events, early feeding practices and environmental exposures influence infant gut development, microbiome establishment and immune maturation in the first months of life. Apply this understanding when supporting infants and families in clinical practice.



Curriculum

The first two years

Lecturer – Dr Kirstie Lawton

Lecture 1: Weaning and complementary feeding

Lecture 2: Early years diet and nutrient requirements

Lecture 3: Immune development and the gut-immune link

Lecture 4: The gut-brain axis and early neurodevelopment

Learning Outcomes

Understand key nutritional, developmental and environmental factors influencing growth, immune maturation and neurodevelopment in the first two years of life. Apply this understanding to support feeding practices, optimise diet quality, and guide early health and developmental outcomes in clinical practice.

Gut health

Lecturer – Clare Young

Lecture 1: Constipation in children

Lecture 2: Diarrhoea in children

Lecture 3: Optimising gut health: physiology, microbiome and digestion

Lecture 4: Common gastrointestinal presentations in paediatric practice

Learning Outcomes

Recognise common gastrointestinal presentations in children and interpret underlying digestive, microbial and motility drivers. Apply targeted nutritional and lifestyle strategies to support gut function, while identifying red flags that require referral.



Curriculum

Immune regulation & atopy

Lecturer – Kirstie Lawton

Lecture 1: Allergy, intolerance and immune responses to food

Lecture 2: Asthma and lung health in children

Lecture 3: Eczema and skin health

Lecture 4: Rebalancing immune function in paediatric practice

Learning Outcomes

Identify common immune-mediated presentations in children, including food allergy, intolerance, eczema and asthma. Apply an understanding of immune regulation, microbiome interactions and nutritional influences to support immune balance.

Infections, viruses and immunity

Lecturer – Dr Kirstie Lawton, PhD

Lecture 1: The common cold and ear infections

Lecture 2: Respiratory, gastrointestinal and vesicular viral illnesses

Lecture 3: Persistent viruses and post-viral fatigue (EBV, HSV, HPV, COVID)

Lecture 4: Supporting children through vaccination

Learning Outcomes

Develop a clinical understanding of common infectious illnesses in children, including acute viral infections, persistent viral activity and post-viral fatigue. Apply this knowledge to support immune resilience, recovery, and evidence-informed nutritional support for children undergoing vaccination.



Curriculum

Autoimmunity, coeliac disease and NCGS

Lecturer – Robyn Puglia

Lecture 1: Autoimmunity: mechanisms, drivers and genetics

Lecture 2: Autoimmune conditions in children

Lecture 3: Coeliac disease

Lecture 4: Non-coeliac gluten sensitivity (NCGS)

Learning Outcomes

Understand the mechanisms and drivers of autoimmune conditions in children, including genetic, immune and environmental influences.

Apply this knowledge to guide dietary assessment, support identification of coeliac disease and non-coeliac gluten sensitivity, and inform appropriate nutritional strategies.

Eating Challenges

Lecturer – Jessica Oldfield

Lecture 1: Understanding Typical Selective Eating Patterns & Feeding Dynamics

Lecture 2: Biological, Sensory & Environmental Drivers of Selective Eating

Lecture 3: Practical strategies

Lecture 4: ARFID

Learning Outcomes

Identify common feeding challenges in children and interpret biological, developmental and environmental drivers of selective eating. Apply targeted strategies to support feeding, and identify when presentations may indicate ARFID or require referral.



Curriculum

Identifying and referring disordered eating

Lecturer – Emma Hendricks

Lecture 1: Anorexia nervosa

Lecture 2: Bulimia nervosa

Lecture 3: Other eating disorders

Lecture 4: Referrals and safeguarding

Learning Outcomes

Identify signs and presentations of eating disorders and disordered eating in children and adolescents. Understand the limits of nutritional therapy practice, and recognise when referral, safeguarding or multidisciplinary support is required.

Mental health

Lecturer – Dr Kirstie Lawton, PhD

Lecture 1: Anxiety and depression

Lecture 2: Mental illness in children and adolescents

Lecture 3: Stress regulation: breathwork, meditation and exercise

Lecture 4: Screen time and sleep

Learning Outcomes

Understand common mental health presentations in children and adolescents, and the biological, psychological and environmental mechanisms that contribute to them. Apply nutrition and lifestyle strategies to support emotional wellbeing, stress regulation and healthy sleep patterns.



Curriculum

Brain health, neurodiversity & neuroimmune disorders

Lecturer – Jessica Oldfield

Lecture 1: Brain Health

Lecture 2: Neurodiversity

Lecture 3: Neurodiversity Support

Lecture 4: PANS/PANDAS

Learning Outcomes

Understand brain development and neurodiversity as interconnected processes shaped by genetics, environment, nutrition, and early experiences. Recognise how gut, immune, and metabolic factors influence behaviour, mood, and regulation. Apply nutritional and systems-based strategies to support neurodivergent children and neuroimmune conditions including PANS/PANDAS.

Metabolic health

Lecturer – Deborah Allen

Lecture 1: Overweight and obesity trends and classification

Lecture 2: Causes and consequences of obesity

Lecture 3: Treatment and prevention options

Lecture 4: Comorbidities of obesity

Learning Outcomes

Evaluate overweight and obesity presentations in children and adolescents, including classification, trends, causes, consequences, and associated comorbidities. Apply evidence-based nutritional and lifestyle strategies to support the prevention, treatment, and long-term management of paediatric obesity and related health outcomes.



Curriculum

Hormonal health

Lecturer – Nicola Moore

Lecture 1: Female hormone physiology: puberty and the menstrual cycle

Lecture 2: Pubertal variations and hormone-related disorders

Lecture 3: Common hormonal conditions in adolescents

Lecture 4: Nutritional strategies to support hormonal health

Learning Outcomes

Understand hormonal changes during adolescence and common related presentations including PMS, PMDD, PCOS, endometriosis and acne. Identify key nutrients and interventions that may support hormonal balance, reproductive health and skin health in clinical practice.

Supplements in practice

Lecturer – Debbie Grayson

Lecture 1: Paediatric supplements: efficacy and safety (Part 1)

Lecture 2: Paediatric supplements: efficacy and safety (Part 2)

Lecture 3: Paediatric supplements: efficacy and safety (Part 3)

Lecture 4: Paediatric supplements: efficacy and safety (Part 4)

Learning Outcomes

Apply evidence-informed decision making when selecting and using supplements in paediatric practice, considering safety, dosing, clinical indications and potential contraindications.



Curriculum

Testing in paediatric practice

Lecturer – Kate Knowler & Kerry Fugard

Lecture 1: Standard testing considerations

Lecture 2: Standard testing interpretation

Lecture 3: Functional testing considerations in children

Lecture 4: Functional testing interpretation

Learning Outcomes

Evaluate testing considerations in paediatric practice and interpret standard laboratory and functional tests, considering their validity, limitations and clinical relevance. Integrate findings within the clinical picture to support safe and evidence-informed use.

Working with children (BANT/NICE/UK guidelines)

Lecturer – Jessica Oldfield & Dr Kirstie Lawton, PhD

Lecture 1: Working with children under 16

Lecture 2: Working with children aged 16 to 18

Lecture 3: Working with LGBTQ+, low socioeconomic status, language barriers and other considerations

Lecture 4: Legal considerations, safety, safeguarding

Learning Outcomes

Develop a clear understanding of professional, ethical and legal frameworks underpinning paediatric nutritional therapy practice in the UK, and apply this knowledge to deliver safe, appropriate and inclusive care across different age groups and clinical contexts.

Course delivery & structure

- The course is primarily delivered as an 8-week programme
- Modules are released weekly on a Monday
- The programme includes 32 hours of guided pre-recorded learning
- Approximately 16 hours of live teaching are provided
- Live sessions are delivered online and recorded
- Live sessions work through clinical case studies relevant to the previous modules
- Sessions are interactive and include breakout rooms for discussion and application
- Tutor support is provided during live sessions, with tutors rotating between breakout groups
- Live sessions are considered a key part of learning, particularly for clinical integration, and attendance is highly recommended
- An intensive delivery format for experienced practitioners may also be offered periodically

Case-based learning

Clinical application is central to this course.

Participants will:

- Review case studies during live sessions
- Discuss clinical reasoning in small groups

Participants will develop skills in:

- Interpret and synthesise client information (symptoms, history, diet, lifestyle)
- Identify key clinical patterns and contributing factors
- Apply clinical reasoning to inform assessment and prioritisation
- Develop individualised, safe, evidence-informed recommendations within scope of practice

Entry requirements

- This course is designed for:
 - Qualified and registered Nutritional Therapy Practitioners
 - Health professionals who have completed further education in Functional Medicine or Integrative Functional Nutritional Therapy
- Participants are expected to hold a Level 6 qualification

Participants should have foundational knowledge of:

- Biochemistry
- Anatomy
- Physiology
- Nutrition/nutritional therapy/functional medicine

Course expectations & study commitment

Minimum 50 hours of additional self-directed study is suggested.

This may include:

- Reviewing lecture recordings and slide content
- Reading and critically appraising research papers
- Consolidating clinical frameworks and protocols

This course is delivered at a practitioner level, and requires independent thinking, reflection, and application of knowledge.

Learning hours & attendance

- Pre-recorded learning (guided distance learning): 32 hours
- Live theory to practice sessions: 16 hours
- Participants are expected to complete additional independent study: suggested amount: an additional 50 hours

Learning & student support

- This course is taught in English
- This course is taught 100% online
- All participants must be able to demonstrate an ability to study at Level 6 and meet the required learning outcomes and assessment criteria
- Reasonable adjustments and additional learning support may be provided where appropriate and feasible
- Administrative and IT support is provided by NMI
- Educational support is provided by course tutors, including Jessica Oldfield and Dr Kirstie Lawton
- Learning support is considered on a case-by-case basis; additional drop-in sessions and 1:1 support may be available for participants requiring further support
- Recorded sessions include transcripts and captioning functionality to support accessibility and ESL learners where possible
- Support provision will be reviewed following initial cohorts and adapted based on participant feedback where appropriate
- Complaints or concerns regarding the course layout and accessibility can be submitted by email to NMI
- Complaints or concerns regarding course content can be submitted by email to info@younutritionclinic.com

Cancellation and Refund Policy

- Tickets for any NMI events (online or live) are refundable.
- For online events, refunds are available up to the first day of the event, less a £20 administrative fee.
- For live events, refunds are available up to 14 days before the event, less a £50 administrative and organisational fee. Cancellations after these timeframes are non-refundable.
- The refund and cancellation policy will only be reviewed in extenuating circumstances, such as serious illness or family emergencies, at the discretion of NMI management.
- Registrations are non-transferable.

Professional practice & clinical responsibility

This course is designed to support practitioners in developing safe, confident and effective clinical practice in paediatric nutrition.

Participants are expected to:

- Work within their professional scope of practice at all times
- Prioritise client safety and wellbeing in all recommendations
- Apply clinical judgement appropriate to their level of training and experience
- Recognise red flags and refer to appropriate healthcare professionals where required
- Deliver recommendations that are evidence-informed, appropriate and responsible

This course supports the development of clinical skills within a structured learning environment. However, responsibility for clinical decision-making remains with the practitioner.

