

Kimberly Brown, PhD: Transforming Mealtimes, One Positive Approach at a Time

Empowering Parents and Professionals with Behavioral Tools for Peaceful Mealtimes



New York City, New York Nov 6, 2024 ([Issuewire.com](https://www.issuewire.com)) - Penfield, New York - Dr. Kimberly Brown, a licensed pediatric psychologist with over 30 years of experience, is excited to announce the launch of her new business, Kimberly Brown PhD, Psychological Services, PLLC. Dr. Brown aims to revolutionize the way families approach mealtimes with the introduction of her online training course, "Mealtime Rediscovered," a 6-week program designed for both families and feeding therapists. This course

provides practical knowledge and easy-to-implement strategies to help families reclaim their mealtime experiences.

Dr. Brown specializes in working with children and families affected by Avoidant Restrictive Food Intake Disorder (ARFID), Pediatric Feeding Disorder (PFD), food allergies, and various intellectual and neurodevelopmental disorders. Her mission is to empower parents and children by fostering a more enjoyable and less stressful mealtime environment. In addition to the online course, she offers consultation services to therapists, teachers, and physicians seeking guidance on feeding challenges faced by children and families.

With a passion ignited during her graduate studies, Dr. Brown's journey into the field of feeding disorders began out of necessity. She quickly discovered her love for helping children learn to eat new foods and the joy of witnessing families experience significant transformations at mealtimes. "I aim to empower parents to make these lifestyle changes at home around mealtimes, so they can enjoy eating with their families again," says Dr. Brown. "Our goal for children is that they learn to taste and try new foods, find their preferences, and participate in family meals."

Dr. Brown employs a comprehensive approach that encompasses the entire family. Through her training, she equips families with skills to improve their child's eating habits and assigns practical exercises to reinforce these new strategies. Her methods include establishing structured meal schedules, teaching children to be present at the table longer, introducing familiar foods alongside new options, and gradually helping children confront their fears and anxieties regarding different foods.

Recognizing that feeding challenges often require a multidisciplinary approach, Dr. Brown collaborates with various healthcare professionals, including registered dietitians, speech-language pathologists, pediatric nurse practitioners, and pediatric gastroenterologists. This collaborative model ensures that families receive comprehensive support tailored to their unique situations.

Dr. Brown's academic credentials are impressive. She earned her Bachelor of Science Degree from the University of Florida in 1992, followed by a Doctor of Philosophy Degree in School Psychology with a focus on Applied Behavior Analysis from the University of Iowa in 1998. Her predoctoral internship and postdoctoral fellowship were completed at The Kennedy Krieger Institute at Johns Hopkins University from 1997 to 2000. She has held academic positions at prestigious institutions such as the University of Maryland, Ohio State University, and the University of Rochester, where she is currently a Clinical Associate Professor.

Dr. Brown attributes her success to a rigorous graduate program that challenged her to excel. Throughout her career, she has honed her skills in various hospitals nationwide, utilizing a range of feeding techniques while always prioritizing the needs and desires of the families she serves. "It is with great compassion that I embark on this adventure with you," she says.

For families struggling with mealtime challenges or therapists seeking additional resources, "Mealtime Rediscovered" promises to be a game-changer. Dr. Brown invites interested individuals to visit her website for more information and to enroll in this transformative course.

Learn More about Dr. Kimberly Brown:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85021899-Kimberly-Brown-Psychologist> or through Mealtime Rediscovered, <https://mealtimerediscovered.com/about-us/>

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