

# Getting ready for Mealtimes

Presented by Sarah Harry (Occupational Therapist)



- Are mealtimes stressful for your child and your family?
- Is your child a 'fussy eater'?
- Would you like to know how you can encourage your child to try new foods?

Come along to our **free** information session which will explore the reasons why children can be 'fussy' and will provide you with practical strategies to help you establish more positive mealtime experiences for your family.

This session will be aimed at parents of children aged from 12 months

Creche will be available, so bookings are essential

WHEN: Thursday the 12<sup>th</sup> of May, 10am until 11:30am,

WHERE: Jubilee Community Centre. 7 Jubilee way Wynn Vale.

CRECHE: Creche opens @ from 9:30 to drop children off prior.

TO BOOK: <https://www.eventbrite.com.au/e/getting-ready-for-mealtimes-for-toddlers-free-seminar-tickets-318629508437>