

Raising a Competent Eater

A parent workshop addressing child feeding and nutritional concerns.

A feeding and nutrition workshop to help your child get the best bite.

This half-day feeding and nutrition workshop is designed for parents needing assistance with their children's eating. Facilitated by our two experienced dietitians, parents will be provided with information on how to help their child gain the skills needed to be a competent eater and how to optimise their nutritional intake.

This session will provide parents with practical tips and tricks to assist children with eating, along with the basic knowledge of a healthy diet for each age and stage.



What we'll work on

- Nutritional needs of children
- Helping facilitate self-feeding and independence at mealtimes
- Mealtime structure and environment
- Introducing new foods
- Troubleshooting concerns

Parent Workshop

Date	9 July 2021
Time:	9:00-12:00pm (3hrs)
Location:	Growing Potential, Level 1, 43 Fourth Avenue, Blacktown NSW 2148
Places:	Maximum 10
Cost:	\$189.63

NOTE: Unfortunately, we're unable to provide child minding services.



This program is eligible under NDIS funding.

Register now

(closes 18 June 2021)

Online: [growingearlyminds.org.au/
raising-a-competent-eater-parent-workshop](http://growingearlyminds.org.au/raising-a-competent-eater-parent-workshop)

Call: 1800 436 436

Email: support@growingearlyminds.org.au