

Mealtime Struggles to Mealtime Success

What can I expect to learn?

Join AHS dietitians for an interactive session about making mealtimes a positive experience for children and adults! You will learn about:

- Family meals
- Adult and child roles in feeding
- Healthy foods and drinks
- Introducing new foods
- Managing common feeding behaviours
- And more!

How is this class being offered?

- Over Zoom®

How long is the class?

- 1.5 hours

Does it cost to attend?

- It's free!

Who can register for this class?

- This virtual nutrition class is for Alberta parents and caregivers of children 1 to 5 years old.

How can I register for this class?

- Online: [BirthandBabies.com](https://www.birthandbabies.com)
- By phone: 403-955-1450 (in Calgary) or 1-866-471-7011 (toll-free)
 - Monday to Friday from 8 a.m.–4 p.m.

Questions about the class?

- Email: PublicHealthNutrition.CalgaryZone@AHS.ca



Health Link has dietitians to answer nutrition questions.
Call 811 and ask to talk to a dietitian.