

March 22, 2024

Free workshops offer tips to improve children's mealtimes

RED DEER – Parents and early learning and childcare providers could benefit from a registered dietitian's tips and tricks as part of upcoming workshops designed to make snacks and mealtimes for children easier for everyone.

Alberta Health Services offers the following free, 90-minute nutrition workshops via Zoom:

Mealtime Struggles in School-Aged Children: Building Trust, Confidence and Feeding Skills

- March 27 from 1 p.m. to 2:30 p.m., or
- May 29 from 1 p.m. to 2:30 p.m.

Free, online workshop for parents and caregivers of children aged 6-12 teaches practical ideas to build your child's comfort and confidence with more foods and enjoy more positive mealtimes.

Register: <https://redcap.link/wciygxt8>

Planning Meals and Snacks – For Early Learning and Childcare Providers

- April 11 from 6:30 p.m. to 8 p.m.

Free online workshop for caregivers to learn how to plan meals and snacks using Canada's Food Guide. Plan a menu for your early learning/childcare centre. Register: bit.ly/47VMhRW

Words Matter! Promoting a Positive Relationship with Food

- May 29 from 6:30 p.m. to 8 p.m.

Free, online workshop to learn how language and actions influence a child's relationship with food, and gain skills in promoting positive relationships with food. Register: bit.ly/47VMhRW

Questions? Email: publichealthnutrition.centralzone@ahs.ca

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait times, improving EMS response times, increasing access to surgeries, and improving patient flow.

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