

Feeding Your Child (1–5 years old)

Join Alberta Health Services registered dietitians in a free, interactive online nutrition class about making mealtimes a positive experience for children and adults. Learn about adult and child roles in feeding, introducing new foods, managing common feeding challenges, key foods and nutrients for growth, strategies for lower stress family meals and how to get your child involved and excited about food.



These classes are open to Alberta residents—for parents or caregivers of children 1–5 years of age. Register for the date and time that works best for you.

Date	Time	How to Register
Tues. Mar 11, 2025	6:30-8:00 p.m.	Register Online or call 1-866-471-7011 Hosted by Calgary Zone
Thurs. Mar 20, 2025	12:00-1:30 p.m.	Register Online or call 780-342-2891 Hosted by Edmonton Zone
Wed. Mar 26, 2025	6:00-8:00 p.m.	Register Online or call 403-356-6387 Hosted by Central Zone
Tues. Apr 1, 2025	1:30-3:00 p.m.	Register Online or call 1-866-471-7011 Hosted by Calgary Zone
Wed. Apr 16, 2025	12:00-1:30 p.m.	Register Online or call 780-342-2891 Hosted by Edmonton Zone
Thurs. Apr 17, 2025	1:00–3:00 p.m.	Register Online or call 403-356-6387 Hosted by Central Zone
Wed. Apr 30, 2025	6:30-8:00 p.m.	Register Online or call 1-866-471-7011 Hosted by Calgary Zone
Tues. May 6, 2025	6:00-7:30 p.m.	Register Online or call 780-342-2891 Hosted by Edmonton Zone
Thurs. May 15, 2025	1:00-3:00 p.m.	Register Online or call 403-356-6387 Hosted by Central Zone
View recorded Session	Anytime	View Recorded Session Hosted by South Zone

These classes are for Albertans. Online classes are on Zoom® and participants should have access to:

- A computer, tablet, or smartphone
 - Visit [Joining a Zoom Meeting](#) for more information
- An internet connection
- A private space while attending the class