

Free Webinars

for parents, caregivers, and people who work with children and youth



Eating, Feeding and Swallowing

Tips for Success: Getting Through Mealtime Struggles

- Caregivers will learn about the different reasons for mealtime struggles and gain strategies in the areas of connections, feeding development, nutrition, environment, and routine.
- Intended for caregivers of children 6 months old to early school age.
- 5 pre-recorded online videos; **registration is not required.**

Developed and delivered by: AHS Occupational Therapists, Registered Dietitians, Speech Language Pathologists, and other multidisciplinary care providers.

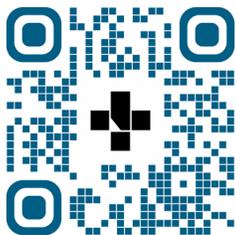
Click on the link below or scan the QR code to access the videos.

[Tips for Success - Getting Through Mealtime Struggles - YouTube](#)

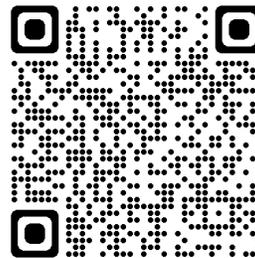


To find more resources, workshops, and webinars check out the links below.

[Find Nutrition Services Workshops & Classes | Alberta Health Services](#)



[Find Pediatric Rehabilitation Webinars](#)



Or visit

AHSweb.ca/MHA/PRwebinars