Goodbye Mealtime Struggles Workshop
August & September 2019

Are you a parent of a 6 months to 5 year old child?
Want ideas to make mealtimes more pleasant?
This free introductory* workshop is for you!

Join this introductory discussion with other parents, a pediatric Occupational Therapist (OT) and a Registered Dietitian (RD).

- Learn about how children grow and develop eating skills.
- Explore the many reasons behind meal time struggles, and decide which first step strategies best fit your child and family.
- Learn about setting a consistent routine, connecting with your child, introducing healthy new foods and appropriate portion sizes.

Options for follow-up by an OT or RD are reviewed at the workshop.

Notes to Parents:
- Select one of the dates below.
- You must call and register all who plan to attend.
- Childcare, if available, is limited: you must call to register your child.
- Please arrive on time so that we can make best use of your time.

2019 Date and Time Call to Register Location

- August 13 Tuesday 5:30 p.m. to 7:45 p.m. 780 – 413 – 7703 No child care Edmonton NW
  Londonderry Public Library #166 Londonderry Mall 137 Ave & 66 St Mall entrance #2 by Bank of Montreal
- September 10 Tuesday 1:00 p.m. to 3:15 p.m. 780 – 413 – 7703 No child care Edmonton NW
  5035 – 108A St Duggan Office Next to Southgate Mall
- September 25, Wednesday 5:45 p.m. to 8:00 p.m. 780 – 489 – 2243 No child care Edmonton NW
  16811 – 88 Ave West End Parent Link Cabrini Centre
  Location Map: www.jasperplace-cfrc.com

For updates and information about other parent workshops visit: www.ahs.ca/ezprs

*suitable for parents of children who do not have complex medical/feeding concerns or have had extensive feeding intervention

Revised 2 August 2019