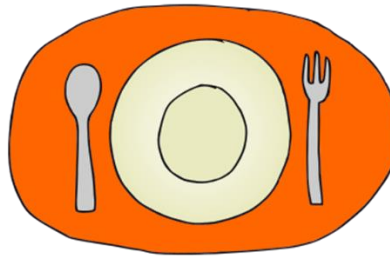


Paths to Peaceful Mealtimes

(the basics of feeding a picky eater)



If your child only likes a small number of foods, refuses to try new foods or textures, or is otherwise “picky”, mealtimes can be a struggle. Find out how to get on a path to peaceful mealtimes and help your child feel confident to explore new foods.

Over 4 modules, we will cover the basics of feeding a child who is not yet comfortable exploring different foods:

- **Key Principles:** what makes a difference
- **Mealtime basics:** how to set up mealtimes for picky eaters, plus some nutrition resources
- **Exploring food:** how to encourage curiosity about new foods and make it fun
- **Navigating textures:** breaking down ways to explore food textures

Format: This course is being offered by video for you to watch at home.

If you would like to register for this course, please complete the following link, and a link to the video series will be sent to you.

<https://forms.gle/51mGnfp8sfJJGKFd6>