

# Fussy Eating

## Free local workshops



Come  
along!

Fed up with  
stressful  
mealtimes?  
We're here  
to help...



**As parents we want our children to eat well  
– and to enjoy mealtimes together**

Come along and get support and new ideas for:

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

Venue:

Date:

Contact: