

# Taking the fuss(y) out of eating

## Caregiver workshops



### Let's make mealtimes a breeze!

This interactive workshop series is designed to give parents, caregivers and support networks strategies to cope with mealtime stress and limited diets.

Caregivers of school aged children are invited to attend. Participants will learn about supporting their child's eating through hands-on activities and discussion around nutrition, sensory preferences, mealtimes, constipation and feeding skills.

#### Why should I attend?

- Gain practical strategies to support your child's mealtimes'
- Get support from a dietitian'

#### Who is this group for?

- Parents, caregivers and support networks who care for children\* aged 5 - 18 years that experience mealtime difficulties or fussy eating.

**\* Please note, children cannot attend with caregiver/s**

### Group Details

**Dates:** Wednesday 1 and 8 September 2021

**Time:** 9:30 - 11:30am

**Cost:** \$452.64 paid privately or charged to NDIS

**Venue:** Therapy Focus Kingsley  
30 Cadogan Street



**Kim Dutkowski**  
Dietitian

### Register your interest!

Call us on **1300 135 373** or email  
[goollelbaseadmin@therapyfocus.org.au](mailto:goollelbaseadmin@therapyfocus.org.au)

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[therapyfocus.org.au](http://therapyfocus.org.au)