

Taking the fuss(y) out of eating

Caregiver workshops



Let's make mealtimes a breeze!

This interactive online, two-part 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 activities and discussion around nutrition, sensory preferences, mealtimes, constipation and feeding skills in a small group environment.

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: 30 March and 6 April 2022

Time: 9:30 - 11:00am

Cost: \$339.48 paid privately or charged to NDIS

Venue: Online via Microsoft Teams

Book now!

To reserve your spot call **0478 544 341** or email kim.dutkowski@therapyfocus.org.au

Facilitator



Kim Dutkowski
Dietitian

1300 135 373
therapyfocus.org.au