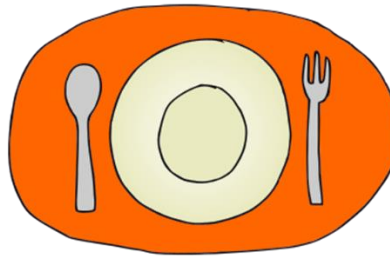


Paths to Peaceful Mealtimes

2022

(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 2 sessions, 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

Cost: free for people who live in the Thompson Health Region

Format: At this time the workshop is being offered by Zoom.

On the second page of this flyer are the dates for the upcoming workshops. Please click on the link to register. You will be contacted approximately 1 month before the workshop to confirm.

Year	Day(s) of the Week	Dates	Time	Registration Form
2022	Tues and Wed	June 21 and 22	10:00-11:30am	https://forms.gle/czw6CBqjTe23MDSq5
2022	Wed and Thurs	Sept 14 and 15	11:00am to 12:30pm	https://forms.gle/VEXEhvgQKEDaCwyW7
2022	Tues and Wed	Oct 25 and 26	6:00-7:30pm	https://forms.gle/FoCyYMi2q6NtE2hWA
2022	Tues and Thurs	Dec 6 and 8	12:00-1:30pm	https://forms.gle/FCikrXDkfgYrCazy9