



Parenting Workshop

Reframing Picky Eating: Supporting Your Eater in Training

Wednesday, Sept 25, 2024 | 10 am - 11:30 am

Are you frustrated with your child's eating behaviours? Join a conversation with registered dietitians.

Online
Workshop



We will discuss:

- What is “normal” eating?
- Your roles vs your child’s roles around food/eating
- How to address common challenges
- Helping your child have a positive relationship with food
- Meal & snack ideas
- Reliable nutrition resources.

Scan or Click
to Register



FREE

Registration required to participate in this workshop!

Register now -
Workshop Sept., 25, 2024

www.bit.ly/summerworkshopsps

In partnership with:



island health

GOT QUESTIONS?

REACH US AT:

1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca
parentsupportbc.ca