

Growing Healthy Eaters

Creating healthy and happy mealtimes

Join our FREE two-part education workshop for parents of children aged 1-5 years

The Growing Healthy Eaters program gives you simple tips to make family mealtimes happier, healthier and less stressful.

In this two session program, we will cover:

- Tips to feed your child with confidence
- Simple ways to manage challenging mealtime behaviours
- How to offer healthy foods and help your child develop healthy eating habits for life



Session 1:
Thursday, 5 November
12pm - 1pm

Session 2:
Thursday, 12 November
12pm - 1pm



Online via Zoom
Registrations: [Click here](#) or scan the QR code



For more information contact:
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SCAN HERE TO REGISTER



These two sessions are conducted by the Equity and Prevention Service, South Eastern Sydney Local Health District

Delivered by Health Professionals