

# How we talk about food and bodies matters

Free webinar for parents and carers of children aged 0 - 12 years

The way we talk about food and bodies can have a lasting impact on how children learn to eat, think and feel about themselves.

Join Dr Lyza Norton, an experienced researcher and Senior Paediatric Dietitian from The Embrace Collective for an engaging and practical session designed to help parents and carers build positive conversations around food, body image and health.

#### Topics covered

- Food stories: how the past plays out in the present
- There is more to food than nutrients
- Common questions from parents/carers: what to say and do!



Date: Wednesday 28 October

Time: 12pm-1pm

Where: Online via Zoom

Cost: Free



Register to secure your spot  
Click here or scan the QR code to register

For more information contact: [alessandra.stagni@health.nsw.gov.au](mailto:alessandra.stagni@health.nsw.gov.au)

This webinar is delivered by the Equity and Prevention Service.