



Nutrition Services

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FREE
Online workshop
for parents and
caregivers of
children
aged 6-12

Mealtime Struggles in School Aged Children: Building trust, confidence, and feeding skills

Join AHS dietitians via Zoom

- Explore the benefits of positive mealtimes and what gets in the way.
- Learn some practical ideas to build your child's trust, comfort, and confidence with more foods.
- Share ideas and learn about resources to build more positive mealtimes with your child.

Scan the QR code to register:



Or click here: <https://redcap.link/wciygxt8>

Questions? Publichealthnutrition.centralzone@albertahealthservices.ca