

# Getting ready for Mealtimes

Presented by Sarah Harry (Occupational Therapist) and  
Tamara Hall (Speech Pathologist)



- Are mealtimes stressful for your child and your family?
- Is your child a ‘fussy eater?’
- Would you like to know how you can encourage your child to try new foods?

Come along to our *free* information session which will explore the reasons why children can be ‘fussy’ and will provide you with practical strategies to help you establish more positive mealtime experiences for your family.

This session will be aimed at parents of children aged 12 months – early primary

Creche will be available, so bookings essential

**WHEN:** Wednesday the 16<sup>th</sup> of June @ 6:30pm until 8:30pm

**WHERE:** Keithcot Farm Children’s Centre, Community Room

**TO BOOK:** Please contact the centre on 8251 2700 or Email [Nathan.mcguinness3@sa.gov.au](mailto:Nathan.mcguinness3@sa.gov.au)