

Feeding 101

for Parents/Caregivers of preschool age children
with special needs experiencing eating challenges

Wednesday January 8, 2020, 1:00 – 3:00 pm

online at <https://feeding101jan8.eventbrite.ca>

or

Thursday February 20, 2020, 9:30 – 11:30 am

online at <https://feeding101feb20.eventbrite.ca>

or

Thursday March 26, 2020, 9:30 – 11:30 am

online at <https://feeding101mar26.eventbrite.ca>

or

Wednesday April 22, 2020, 6:00 – 8:00 pm

Online at <https://feeding101apr22.eventbrite.ca>



Cost: Free

Location: Thames Valley Children's Centre, 779 Base Line Road East, London, ON

Parking: LHSC Visitor Lot #7 at \$4.00/hr, \$12 daily maximum. Visa, MC and cash are accepted. Accessible parking information is available at <https://www.tvcc.on.ca/parking-779-base-line-road-east>.

Additional Information: If you are unable to register online, call Carrie Connell, at 519-685-8700, ext 53367. If you have questions about the program, call Monique Van Kessel at 519-685-8700 ext 53391 or Julia Valvano at 519-685-8700, ext 53402.

Feeding 101 is an geared to parents/caregivers of preschool-age children, with special needs, who are experiencing challenges with eating. This workshop provides general strategies for feeding challenges. Topics include: making mealtimes more positive, reducing power struggles, defining parent and child feeding roles and understanding of the role of medical factors, oral motor factors and sensory processing skills in eating challenges. **This is a parent education workshop and children do not attend these sessions.**