

# Feeding 101

For parents/caregivers of preschool-age children, with special needs experiencing eating challenges, and the community partners supporting them.

## Dates/Times/Registration:

Thursday April 29, 2021, 1:00 - 3:00 pm  
register online at <https://feeding101apr29.eventbrite.ca/>  
or  
Wednesday May 26, 2021, 6:00 – 8:00 pm  
register online at <https://feedingmay26.eventbrite.ca/>  
or  
Thursday June 17, 6:00 – 8:00 pm  
register online at <https://feed101june17.eventbrite.ca>



**Location:** Zoom online platform

**Cost:** Free

## Description

Feeding 101 is an education workshop for parents and caregivers of preschool age children who are experiencing challenges with eating.

Topics include:

- making mealtimes positive
- reducing power struggles
- defining parent and child feeding roles
- understanding of the role of sensory processing in eating challenges.

This is a parent education workshop and children DO NOT attend these sessions.