

# Feeding 101

## Education Workshop for Parents/Caregivers of Preschool Age Children with Eating Challenges

- Date:** Wednesday June 5, 2019
- Time:** 9:30 - 11:30 am
- Location:** Thames Valley Children's Centre  
779 Base Line Road East, London, ON
- Cost:** Free
- Register:** Online at  
<https://feeding101jun.eventbrite.ca>



**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 education workshop for parents and caregivers of preschool age children 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.**