

MORELAND'S CHILDREN

An evening focused on the health and well-being of your child

Dealing with fussy eaters

Do you find some meal times a struggle? Have a fussy eater or a little one that refuses to eat meals?

At this interactive workshop you will learn how to overcome fussy eating challenges and promote healthy eating habits at home.

Topics covered:

- How to identify causes of food refusal/fussy eating.
- Practical strategies to deal with fussy eating/food refusal at meal times.
- Healthy eating recommendations for infants, toddlers and pre-schoolers.

This session will be presented by Amy Rossignoli, Registered Nutritionist from Nutrition Australia.

Fit 4 Fun

The Fit4fun is a program designed to introduce children to different motor skills and develop coordination, ability to listen and follow instructions, build confidence and passion to be active and healthy in a fun, non-competitive environment.



It also helps to prepare children for their sport of interest, giving them an idea of the fundamentals before joining a sporting club. Qualified instructors deliver a different sport component each week, with age appropriate equipment provided.

This session will be presented by Raquel Ramirez from the YMCA.

KEY DETAILS

Time: 7.00–9.00PM

Date: Thursday 8 March 2018

Venue: Moreland Civic Centre, Concert Hall,
90 Bell St Coburg.
(Enter via Urquhart St)
Melways Ref: 17J12

Cost: \$11 per person

Bookings:

Bookings are essential as places are limited.

To make a booking, visit

www.moreland.vic.gov.au/parent-information

For more information please phone 9240 1111.

Bookings close Wednesday 7 March 2018.

D18/39084 2018/JAN08/DSD833