

# Fussy Eating

## Free Online Workshops

For families with any children under 5

Autumn 2020



HENRY provides healthy lifestyle support to families with at least one child under 5 who are living (or registered with a GP) within the London boroughs of City and Hackney, to enable children to have the best start in life.

**Our workshops are designed to equip you with all the skills and strategies you need to help your little one to have a healthy diet, as well as helping to create more positive mealtimes for the whole family.**



### Join us at HENRY City & Hackney

Our Fussy Eating workshops will take place on the following days:

- **Mon 14<sup>th</sup> Sept 10-11:30am**
- **Fri 25<sup>th</sup> Sept 1-2:30pm**
- **Wed 30<sup>th</sup> Sept 10-11:30am**
- **Wed 7<sup>th</sup> Oct 1-2:30pm**
- **Mon 12<sup>th</sup> Oct 10-11:30am**
- **Wed 21<sup>st</sup> Oct 1-2:30pm**

### **We will cover:**

- How to cope when children eat a limited range of foods
- Development of food preferences
- Creating enjoyable family mealtimes
- Top tips

- To join the workshop, you only need access to a smart phone or a computer, laptop or tablet.
- A maximum of 6 parents/carers per workshop.
- Opportunity to learn from each other and connect with other families in a safe space.

To register or find out more, please contact us via:

**Email: [hcsupport@henry.org.uk](mailto:hcsupport@henry.org.uk)**

**Text/phone: 07519 109876**

