

feast

Feeding · Eating · And · Succeeding · Together



Picky eating behaviors and mealtime tantrums can make feeding your children stressful and overwhelming, but it doesn't have to be that way.

Learn about typical eating behaviors of young children (ages 2-6) and feeding strategies to help them grow into healthy, happy eaters in this series of friendly discussions.

CLASS 1 ROLES AND RESPONSIBILITIES AT MEALTIME

Date: _____

CLASS 2 PATIENCE WORKS BETTER THAN PRESSURE

Date: _____

CLASS 3 FAMILY MEALS AND ROUTINES

Date: _____

CLASS 4 KIDS, SWEETS AND TREATS

Date: _____

FREE CHILD CARE PROVIDED

Register for the series or request information about an upcoming series.

LOCATION _____

CONTACT _____