

Managing Mealtime Struggles in Child Care

Presented By: Alberta Health Services Registered Dietitians

Date(s):

Tuesday, April 26, 2022
7:00 PM - 8:30 PM

Session Location:

Computer of your choice
-, Online, AB

Registration Fee:

Free

<https://www.sapdc.ca/register/7980>

Audience: Early Learning Teachers, Administrators and Educational Assistants

Grade Level: PreK-K

About the Session:

Are you tired of mealtime struggles? Not sure how to deal with picky eating? Want to know more about typical toddler feeding behaviours? An AHS Registered Dietitian will answer your questions and provide helpful strategies during this online session on feeding toddlers one year of age and up.

Topics include:

- General healthy eating guidelines for young children
- Normal toddler eating behaviors
- Tips to manage mealtime struggles and make mealtimes a positive, healthy experience

Participants will receive a certificate of attendance.

About the Presenter(s):**Alberta Health Services Registered Dietitians**

Alberta Health Services, Nutrition Services' Dietitians help Albertans enjoy good health. Working with individuals, families, groups and organizations, Registered Dietitians play an important role in helping Albertans achieve their best nutritional health.