

Little Foodies Group

Do you wish to have happier mealtimes with your child? If you have a fussy pre-schooler in your family, then this group may help during those mealtime battles.

The group is jointly run by an experienced Paediatric Speech Pathologist and Dietitian who use evidence based approaches to help young children be more confident with food.

The Little Foodies Group will provide your child with an opportunity to:

- Learn about food in a no-pressure, fun, and interactive way
- Learn about the different sensory properties of food

This group is suitable for children aged 3-5 years of age.



The group will run for 5 weeks on a Wednesday morning from 10:00 to 11:00 am. **Places are limited to 6 children only.**

Consistent attendance is highly recommended as each session builds on skills from the previous session.

The group program includes education for parents and take-home strategies. Parents are asked to stay for the duration of the group. This allows parents the watch their children interacting and learning about new foods and to hear from our experienced clinicians.

Where:	Connect Health and Community Level 1, 347 Bay Road Cheltenham, VIC, 3192	
Cost:	\$10 per session	
Contact:	9575 5333, for group enquiries	
When:	Wednesday mornings	
Time:	10:00 to 11:00 am	
Dates:	Group A	Group B
	• Feb 1 st	• March 8 th
	• Feb 8 th	• March 15 th
	• Feb 15 th	• March 22 nd
	• Feb 22 nd	• March 29 th
	• March 1 st	• April 5 th