



FEEDING PICKY EATERS

PARENT TRAINING SESSIONS

Learn how to overcome feeding challenges and promote healthy eating habits in your toddler

Feeding toddlers is stressful. Ensuring their little bodies get all the nutrients it needs to grow and be healthy can be worrisome, but when parents are empowered with the tools they need to feed well, they can be confident that they are raising healthy, knowledgeable eaters.

In this short workshop Registered Dietitian, Amy Halfmann, will give you the important tools you need to successfully and confidently lead your child down his or her eating journey.

Amy will stay at the center after the session if parents would like to discuss individual questions or concerns. Amy is also available for virtual appointments. Please contact your center nurse for more information on this service.

**Attend a training at
your Head Start Center:**

**Arbor Terrace
Wednesday, October 24
8:30 AM**

**Ayers-Love, Pecos
Friday, October 26
8:30 AM**

**Bauer
Tuesday, October 30
1:00 PM**

**Booth
Wednesday, October 24
1:00 PM**

**Chaffin
Monday, October 29
1:00 PM**

**Hollingsworth
Thursday, November 29
12:30 PM**

**Monahans
Thursday, November 1
12:00 PM**

**Saragosa
Friday, October 26
12:00 PM**

**Whitiker
Tuesday, November 27
12:30 PM**

