

Healthy Eating Workshop

Join the CRCS Family Foundations Team and a Guest Dietitian from Eat Speak Learn for a practical 2-hour workshop designed to support healthy eating from birth through the early years.

We'll Explore

- 🍎 Why nutrition matters
- 🍼 Breastfeeding and bottle-feeding guidance
- 🔑 When and how to introduce solids safely
- ✅ Signs your baby is ready for solids
- 🥬 First foods, allergens, and building a varied diet
- 🍽️ Healthy eating routines
- 💡 Managing fussy eating and supporting positive relationships with food
- 👐 Responsive feeding and recognising hunger and fullness cues
- 🎨 Sensory food play and practical mealtime strategies

Who Should Attend?

Parents, carers, grandparents, and anyone caring for babies, toddlers, and young children.

What You'll Gain

- ✓ Practical feeding strategies you can use at home
- ✓ Evidence-based nutrition information from qualified professionals
- ✓ Ideas for reducing mealtime stress and supporting confident eaters
- ✓ Age-appropriate meal and snack ideas
- ✓ Information about trusted health and nutrition resources



RVSP via the QR code

Location

Mingle Community Space, Suburban Land Agency Display Village, 3 Klaus Moje Street, Whitlam

Date & Time

Thursday 5 of November, 9:45am

Contact us for more details

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