Food for Thought:

How to Help Your Child Develop Healthy Relationships with Food and Make Mealtimes Enjoyable

- Is your child a “picky eater”?
- Are mealtimes a constant struggle?
- Do you feel you leave the dinner table frustrated?

You will learn:
- To help your child develop a better relationship with food.
- Ideas to expand your child’s food choices
- How to make mealtimes less stressful
- To develop predictable/ maintainable mealtime routines &
- Even teach your child that eating can be FUN!

**Wednesday, March 11, 2020 - 6:30-8:00 PM**

Leominster Public Library

Registration is Required! And Opens March 4, 2020

***This Program is for Parents/ Caregivers Only***

(Childcare Will NOT Be Provided)

Presented By: Krystin Martin, OT #9223 / Molly Gallagher M.S., CCC-SLP