

Through the Early
Childhood Approach
Early Supports Program,
Uplyft is delivering
**MARVELLOUS
MEALTIMES**

 **Free Online Sessions**

The interactive workshop series is designed to support parents and caregivers to:

- Create and encourage positive mealtimes
- Build their understanding about factors influencing children at mealtimes
- Learn how to use practical strategies at home to encourage playful food exploration and bring joy back into mealtimes
- When and where to seek specialised help for feeding challenges

Term 2

Tuesdays 10am - 11:30am

- 28 April
- 26 May
- 23 June

Attendance required for all 3
sessions

Facilitators

Early Childhood Practitioners

- Lillian Harrison
- Bronwyn Savage

Registration

Register here or scan the
QR code



Registration is open for 1 to 2
parents or caregivers from
each family.

