

# Fussy Eating Workshop

Wednesday 1<sup>st</sup> October 25  
12:45 - 2:45pm  
at Buttercup Family Hub,  
Carnforth Drive, WR4 9HG



As parents or carers, we want our children to eat well and enjoy mealtimes together.

Come and join us to enable you to:

- Find out about child friendly foods that provide what they need to grow and be healthy
- Get support to help your child to enjoy new food
- Find out how to gain happier family mealtimes
- Get support and new ideas to encourage your child to try new foods

