

Fussy Eating

Free summer workshops



Come
along!

Fed up with
stressful
mealtimes?
We're here
to help...



**As parents we want our children to eat well
– and to enjoy mealtimes together**

Come along and get support and new ideas for:

- ☐ How to encourage your child to try new foods - and begin to enjoy them!
- ☐ Child-friendly foods that provide what they need to grow and be healthy
- ☐ Happier family mealtimes

Venue:

Online

Date:

Wednesday 6th August 1:30- 3pm

Thursday 28th August 10-11:30am

To book please contact:

✉ hertfordshire@henry.org.uk

☎ 07458301395