



# Helping Children Be Good Eaters

**Strategies for parents and caregivers that have  
common concerns with feeding, growth and nutrition**

## What will we talk about?

- Common mealtime challenges
- Why they occur
- Healthy mealtime practices
- Managing mealtime behaviors
- Nutrition for children
- Goal setting

## When & Where?

**Wednesday, September 27, 2017  
6:30 – 8:30 pm**

Available at the Katherine Klassen Education  
Centre, Dr. F.H. Wigmore Regional Hospital  
in **Moose Jaw**

or one of the following rural Telehealth Sites:

**Assiniboia  
Central Butte  
Gravelbourg  
Rockglen**

**To register call Public Health @  
306-691-1553**

Delivered by:

Melanie Warken, RD, Public Health Dietitian  
Amy Cruz, BSW, RSW, Mental Health and Addictions



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