



Whether your child is a little bit picky or full on fussy, come along all together, to join our Paediatric Dietitian, Carin Clegg to work towards enjoying family mealtimes together again.

- Learn some tips and tricks to get your munchkin munching on something new and enjoying it.
- Discover how we learn to eat a wide range of foods by exploring our senses.
- Get hands on to make some creative masterpieces that will be too irresistible to be left un-touched.

Date: Thursday 22nd January 2025

Time: 2.30pm- 3.30pm

Address: Central Coast Family Psychology
Shop 4, Unit 2, 470 Pacific Highway, Wyoming (Opp Laycock Theatre)

Cost: \$30 per child, per session, ages 10 and under

NB. It is a requirement that children be accompanied by one parent or carer, over the age of 18 years.

Bookings: admin@ccfamily.com.au or 4339 7497. Please notify regarding any allergies.