

ComPsych® GuidanceResources®

Presents

Kids and Meals

Live Webinar

March 8, 2023 • 4:00 to 5:00 pm

Register on [Connect 2 Learn](#)

For more details email: megan.bamford@yrdsb.ca

At the end of this workshop, you will be able to:

- **Describe recent research findings on children's nutrition**
 - Describe the soft/solid food transition process
 - Describe the development of eating habits
 - Describe the impact of parental approach to a child's future eating habits
 - Identify the effects of advertising on children's food choices and what options you have as parents
- **Identify strategies parents can adopt to establish healthy life-long eating habits in children**



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