



belconnenvillage.org.au

Children's

Nutrition

and Mealtimes



Helping children eat, grow and enjoy food

✓ **Child-friendly**

✓ **In-person or Online**

Feeding children is not always easy. This workshop will help parents and carers understand children's nutrition, fussy eating and feeding challenges, with practical ideas for calmer, more positive mealtimes.

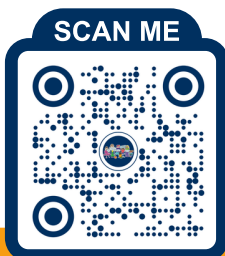
What You Will Learn

- ✓ **What children need to grow:** Learn about children's nutrition needs and what balanced eating can look like in everyday life.
- ✓ **Fussy eating and sensory needs:** Understand why some children may avoid certain foods, tastes, smells or textures.
- ✓ **Making mealtimes easier:** Explore practical ways to reduce pressure, support your child and create more positive mealtimes.
- ✓ **When to seek extra support:** Learn about signs that may mean your child could benefit from feeding or nutrition support.
- ✓ **Useful resources & information packs** for in-person attendees
- ✓ **Enjoy refreshments & a relaxed chat** with presenter after the session

Register here

Want to attend online?

Email village@kippax.org.au for the access link.



When and where

Date: Wednesday 21 Oct 2026

Time: 10:30 am - 12:30 pm

Location: UnitingCare Kippax
130 Hardwick Crescent,
Holt, ACT

Presenter

Freya Vos

Accredited Practicing Dietitian



EAT SPEAK LEARN
Allied Health Services

You can register over the phone or email below

☎ 02 6254 1733

✉ village@kippax.org.au

<https://nutrition-mealtimes.eventbrite.com.au>