

Does your child have a limited range of food that he/she takes?

FOOD LAB

Let's explore flexibility with food!

Is meal-time frequently a struggle for your family?

JOIN US

FOR OUR JUNE HOLIDAY PROGRAMME!

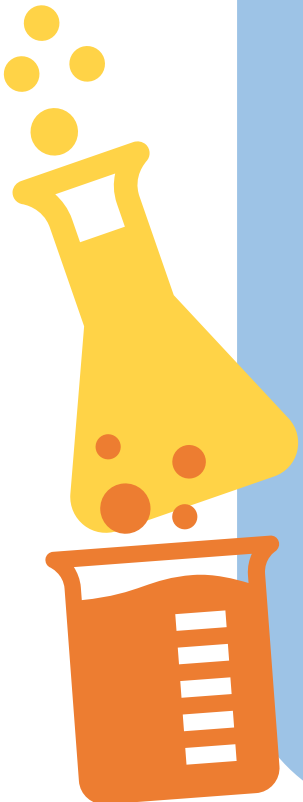
Children will:

- Have fun **exploring new/less preferred food**, so that they may be **more willing to eat** them eventually
- Learn an **acceptable way of rejecting food** that they are not ready to eat

Caregivers will:

- **Understand** possible reasons behind picky eating
- **Learn strategies** to support their child to eat a varied diet

Caregivers must complete a questionnaire about the child to determine suitability for this programme. Children need to be able to follow instructions in a small group, and be able to talk about the activities.



For children aged
6 – 8

23 – 25 June 2021
9.30 a.m. – 12 noon

+

For caregivers:
Coaching via Zoom
25 June, 4.30 to 5.15 p.m.



2985 Jalan Bukit Merah
#02-2A SMF Building
Singapore 159457

Cost: **\$550** (inc. GST)

Please call **6254 7422**
or email info@c-c.sg

Group size is limited, registration is on a
first come first serve basis.