

Fussy Eating

Free local workshops



Sebright Children's
Centre

Come
along!

Fed up with
stressful
mealtimes?
We're here
to help...



**As parents we want our children to eat well
– and to enjoy mealtimes together**

Come along and get support and new ideas for:

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

Venue: Sebright Children's
Centre, Haggerston
Park, Queensbridge
Road London
E2 8NP

Date:

Wednesday
20th Mar 2024

Contact: SCC on
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Nivi on
07766923838