

Workshop Series

A free education session for parents and caregivers

Supporting Children to Have a Positive Relationship with Food

February 17th, 2022

6:30pm – 7:30pm

via Zoom (space is limited)

There are so many messages in our society around what we should and shouldn't be eating, which can end up creating a lot of stress for parents when it comes to feeding your child. This presentation will help to cut through the noise to reduce your worry and stress around feeding your child. We will cover:

- What a positive relationship with food looks like and what gets in the way of having one
- What it looks like when children feel good about food and eating
- The parent's vs. the child's roles with feeding and eating
- How following your roles with feeding helps to: support children to feel joy about food and themselves, learn to try new foods and eat a variety of foods, and create positive, struggle-free mealtimes
- How a positive body image helps to support a positive relationship with food
- Practical tips and resources

Register in advance for this workshop:

<https://ca01web.zoom.us/meeting/register/u5Upc-GhqTgsHtztXVCKwgYyYJofnR1YkEAC>

After registering, you will receive a confirmation email containing information on how to join the workshop.

PRESENTER:



Heather Anderson, MSc, RD
Public Health Dietitian

Heather Anderson is Public Health Registered Dietitian with Fraser Health. Heather works on healthy public policy related to nutrition with local government, community organizations, and school districts. Heather is passionate about creating equitable and just food systems, addressing weight bias, and helping everyone having a positive relationship with food and their body.

Email questions for Heather ahead of time to:

Kirsten Hermanson, Manager
Prevention and School Wellness
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Presented By:
Learning Services/
Inclusive Learning

