

# Fussy Eater Webinar

## What is it?

Live group education session, using evidence based information to support your child through fussy eating.

## What are the benefits?

- Accessed from home
- No travel or parking charges
- Supportive group session with other parents
- Evidence based information
- Time for questions.

## What is covered?

Increase understanding of fussy eating, Advice how to manage fussy eating, discuss balanced diets and portion sizes, opportunity to share experiences with other parents/guardians

## How do I access this?

If you have an accessible email and a smart phone/laptop/tablet which has a front facing camera, you will be able to access this.



Invitations will be sent to your email with instructions on how to join in.

For any queries please call 01482 247 111.  
CHCP Hull and East Riding  
Nutrition and Dietetic Team