

PICKY EATING

Practical Tips for Home and School

Tuesday May 6, 2025 @ 6pm

North Haven Elementary School

FREE ENTRY

- You'll learn practical strategies from a pediatric occupational therapist to support your picky eater.
- We'll explore innovative "outside-the-lunchbox" approaches to school lunches, aiming to reduce mealtime stress.
- We'll help you identify whether your child faces sensory challenges, motor challenges, or both, and determine if further support beyond general strategies is required.
- You'll learn about free and community based resources you can access for further information.

Exclusive access for families affiliated with North Haven Elementary School

