

Nutrition Matters for Toddlers

**Saturday, September 25th
10:00 - 11:00AM**

**Deep River Friends Meeting
5300 West Wendover Ave, High Point**

Feeding a toddler can be tough, and many parents become very concerned about their “picky” eaters’ poor appetites. “Nutrition Matters for Toddlers” will provide guidelines for meal planning and appropriate portion sizes as well as strategies to deal with common toddler eating problems. The seminar is led by Kelly Tyrey, Registered Dietitian and experienced mother, and will address topics like:

- Food jags (refusal of liked foods and disinterest in eating)
- Fear of new foods
- Eating “on the run”
- Drinking too little or too much milk
- Eating too many sweets

Tips for establishing happy, healthy mealtimes will be given, and the prevention of eating disorders and obesity will also be discussed. Healthy eating habits can be established during the preschool years, so come learn how your family can survive and even enjoy feeding your child during this challenging time.



**Class size is
limited!
Reserve your
seat now!**

Registration is required.
To register, please send
your contact
information to
Kelly Tyrey at
hptyrey@northstate.net
**no later than
Monday, September
20th.**

The fee is \$10 per family,
payable at the door.

**Have questions? Contact
Kelly at 336.847.5885**

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