

Feeding Seminars



INTRODUCING SOLIDS & ENCOURAGING A WIDE RANGE OF FOODS

This 1 hour seminar addresses the *when, what* and *how* of introducing solids. This is not a one size fits all approach, but rather suggestions for reading your baby's cues for readiness to start solids, and practical ideas and strategies to create routines that enhance feeding skills and encourage your child to enjoy food exploration. This seminar aims to give you the tools to prevent fussy eating, and to create ease and fun at mealtimes. If fussy eating has occurred already, this seminar will give you tools to navigate why your baby or toddler is fussy with food and strategies to support change. This seminar aims to provide clarity around what to introduce as first foods. There are many options, and this can cause a sense of overwhelm. A few key options are presented on what to introduce. Reputable website links are offered for further information on each option presented, so you can make an individualised and informed choice for what feels right for you and your baby. This seminar includes a booklet with a range of healthy recipes.

WHO CAN BENEFIT FROM THIS SEMINAR?

Carers of newborn babies to toddlers, daycare providers, community nurses, and lactation consultants.

WHEN: Wednesdays Monthly 10am-11am
29/7/2015, 26/8/2015, 23/9/2015,
21/10/2015 and 18/11/2015

VENUE: Therapy Matters
Suite 4, 43 Tallebudgera Creek Rd
West Burleigh QLD 4219

COST: \$44



PRESENTER: Jillian Craig is a Speech Pathologist with extensive experience in the field of paediatric (child) feeding difficulties having completed training in the Sequential Oral Sensory Approach to feeding difficulties (SOS).

CONTACT: Jillian Craig @ Therapy Matters

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INTRODUCING SOLIDS & ENCOURAGING A WIDE RANGE OF FOODS Registration Form

PERSONAL DETAILS

Name: _____ Phone no: _____

Organisation _____

Occupation: _____

Address: _____

Email Address: _____

Seminar Date Preferred (please indicate):

29/7/2015, 26/8/2015, 23/9/2015, 21/10/2015. 18/11/2015 or 16/12/2015

PAYMENT DETAILS

PAYMENT REQUIRED: \$44 Multiple participants = No. ____ x \$44 = _____

<input type="checkbox"/> Cheque	Make cheques payable to Therapy Matters
<input type="checkbox"/> Direct Deposit	BSB 114-879 Account No. 106072213 Use your name/organisation as payment reference. Please email remittance details to workshops@therapymatters.com.au
<input type="checkbox"/> Credit Card	Name on card _____ Credit Card No. _____ CVV No. _____ Expiry Date ___/___
<input type="checkbox"/> Invoice my Organisation Purchase no: _____	Name of Organisation _____ Attention _____ Email address _____

Post, email or fax registration form to:

Therapy Matters

Suite 4, 43 Tallebudgera Creek Rd West Burleigh Q 4219

Email: workshops@therapymatters.com.au

Ph: 55207860 Fax: 0755207902