

# RAISING A HEALTHY HAPPY EATER



This 4-week educational support group for parents of children 1-6 years old will address the challenges parents face in feeding their children.

Following the best practices feeding model based on Ellyn Satter's Division of Responsibility in Feeding can provide the structure and support children need to learn to eat a variety of foods and an amount that is right for them.

This method is associated with:

- reduced meal time stress;
- higher nutrient intakes in young children;
- reduced risk for obesity and eating disorders; and
- supports positive mental health outcomes.

**THURSDAYS MAY 6TH, 13TH, 20TH & 27TH**  
**1:00 - 2:00 PM - VIRTUAL ZOOM CLASS**  
**OPEN TO COMMUNITY**

Online registration available at [www.starfht.ca](http://www.starfht.ca) under Programs & Services or contact Jen at 226-779-1187 or [programs@starfht.ca](mailto:programs@starfht.ca)

A collaborative program being offered by the STAR & Stratford Family Health Teams and HPPH