



Making Mealtimes Fun

Ngala at Cooking Up a Storm

Children learn through their senses. This is especially relevant when they are developing their relationship with food. Join us in this workshop to learn how these senses shape a child's feelings and attitudes towards food, and how parents contribute as role models for healthy food choices. Learn strategies to help establish long term healthy eating behaviour for children across different developmental stages.



Friday
30th October
2020
10am—12pm



Hedland Well
Women's Centre
2B Leake Street,
South Hedland



Mums, dads,
carers and
grandparents
welcome

 **AGE RANGE:** All ages

 **TO BOOK:** (08) 9140 1613

 **DURATION:** 2 hours

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