



## **Parental Engagement Team**



Platform to Talk is a safe space for parents to come together, share their experiences and get reliable information. Led by experienced practitioners from the Schools and Families Team; the sessions cover a range of topical issues from family life, parenting, health and well-being, school and more.

## **Encouraging Good Eating Habits**

Many children can be fussy about the food they eat and it can be a source of anxiety for parents. In this session, you will be able share your experiences with other parents and pick up helpful tips to make mealtimes less stressful.

## Friday 15 December 10am- 11am Zoom Link

https://us06web.zoom.us/j/84007238340?pwd=Ulg3S1U5b2pxU3NCQIRhVHNvejFSdz09

Meeting ID: 840 0723 8340 Passcode: 6uXuCZ