



## 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 13 January 10am- 11am Zoom Link

https://us06web.zoom.us/j/87400355459?pwd=MGR4UFBQMmQrbzBCc UwrMTF1MUJMdz09

> Meeting ID: 874 0035 5459 Passcode: 8q46uP