



Mealtime Struggles

Helpful Websites:

- CPS Caring for Kids: search “picky”
 - www.caringforkids.cps.ca
- Healthy Children: searchy “picky” for tips and videos
 - www.healthychildren.org
- Dietitians of Canada Video: Follow the Feeding Relationship Video Series
 - <https://vimeo.com/116922319>

Classes:

- “Mealtime Struggles to Mealtime Success”
 - Free 90 minute clas through AHS for Alberta Residents (now online)
 - <https://www.birthandbabies.com/preparing-for-new-baby-and-beyond/>
 - <https://app.booking.ca/ahrpublish/courses/>
- “Goodbye to Mealtime Struggles”
 - Available online
 - Call AHS 403 356 6333

Free Webinars:

- Lead Foundation Picky Eating Seminar (6 online videos)
 - <https://youtu.be/rY6n-L50Wks>
- SOS Approach to Feeding Parent/Caregiver Workshop
 - <https://sosapproachtofeeding.com/parent-workshop-when-children-wont-eat/>