

Positive Mealtimes Parent Workshop

Is your child
selective about what
they eat?

Do they avoid
certain textures,
colours, or types
of food?

Are they anxious
about eating or
uninterested in food
altogether?

This in-person workshop is for parents and carers of children and young people who are very selective about the food they eat.

It is important that this is **not** due to swallowing difficulties.

Join this workshop if:

- Your child eats 10–15 foods or fewer (including snacks)
- They avoid a whole food group – such as fruit/vegetables, dairy, carbohydrates, or protein
- You feel worried or stressed about your child's eating
- Your child's eating habits are impacting family life
- You want to understand more about selective and restrictive eating and learn useful strategies

This is a **two-part workshop** at **Hackney Ark** (Downs Park Road, E8 2FP).

Parents must attend both parts.

2025/2026 Dates:

Part 1: Tuesday 7th October 9:30-12:00

Part 2: Tuesday 14th October 9:30-12:00

Part 1: Wednesday 28th January 9:30-12:00

Part 2: Wednesday 4th February 9:30-12:00

Part 1: Wednesday 3rd June 9:30-12:00

Part 2: Wednesday 10th June 9:30-12:00

The workshop is run by Speech and Language Therapy, Occupational Therapy, CAMHS and Dietetics.

To sign up or find out more, please contact:

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