

# Fussy Eating

## Free local workshops



Come  
along!

Fed up with  
stressful  
mealtimes?  
We're here  
to help...



**As parents we want our children to eat well  
– and to enjoy mealtimes together**

**Come along and get support and new ideas for:**

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

**Venue:**

How to Apply:  
<https://blackburn.gov.uk>  
Search: Parenting  
Programmes

**Date:**

CLICK –Programmes  
available in Children centres

**Contact:**

CLICK-Apply for parenting  
programme