



Picky Eating Without Distress

You know the benefits and importance of food, but...

How do you get your toddlers and preschoolers to eat, without power struggles, bribery and short-order catering?

Give your child the best in parenting! In this presentation, participants will learn:

- 1 Canada Food Guide recommendations on types of food offered and portions.
- 2 Recommendations from Alberta Health Services, Public Health Agency and Canadian Pediatric Society on best evidence-based practices in feeding babies, toddlers and preschoolers.
- 3 Tips on how to get children to eat.
- 4 Time-honored foods that every child eats.

This class will focus on the child ages and needs of the parents attending. We will not tell you what to do. We will give you evidence-based information on eating and development, so you can make your own meal-time decisions. We will also discuss time-honored respectful tips for feeding everyone with no tears! We also travel. If your group would like a private class in your home, we can come and present to you!

Judy Arnall teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, PACT, and Alberta Health Services. Judy is the author of the Canadian bestseller, *Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery* and the newly released DVD, *Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love* and the new parenting "un-advice" book, *The Last Word on Parenting Advice*. She is the mother of 3 adult children and 2 teens.

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