

Help for a Picky Eater

Specialized Feeding Training & Support



Is your child unwilling to try new foods?
Would you like to have calm mealtimes at your home?
Can't get your child to eat anything healthy?

There is help for picky eaters! Join our Child Development Specialist in an individualized feeding training program that will help your child begin to develop healthy eating habits and limit mealtime struggles. Through consistent repetition and practice your child can:

- Increase their independence with feeding and mealtimes.
- Learn to sample and enjoy new foods.
- Peacefully participate in group meals.
- Find that mealtimes can be fun.
- Recognize the feelings of both hunger and fullness.

The training is designed for 2- to 6-year-old children and a caregiver. Sessions are held at the Center for Developing Minds in the new Early Learning Clinic. The fee is \$150.00 for each 30-minute meeting, which are generally scheduled once per week. Progress is assessed on an ongoing basis and recommendations for next steps are discussed individually with each family. For more information or to register, please contact the clinic.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853

www.devmonds.com

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