

## *Registering for sessions*

Take this pamphlet to the front desk at Alvin Buckwold Child Development Program to be added to the waitlist for the Parents of Super Selective Eaters information course.

You will receive a phone call to confirm the time and start date for your course. A package with a questionnaire for you to fill out and bring to your first session will be mailed after you have received a confirmation phone call with your session date and time.

The course runs every two months. Upcoming courses are scheduled for:

**Tuesday September 6th and 13th**  
2:30—4:00pm

**Tuesday November 8th and 15th**  
2:30—4:00pm

**Tuesday January 10th and 17th**  
2:30—4:00pm

All sessions are held at the Alvin Buckwold Child Development Program located at the Kinsmen Children's Centre. Please register before each session at the front reception desk.

*Strategies to  
improve mealtime  
behavior*



### *Our Vision*

*Healthiest people  
Healthiest communities  
Exceptional service*

### **Alvin Buckwold Child Development Program**

Kinsmen Children's Centre  
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## *Parents of Super Selective Eaters*



## *Alvin Buckwold Child Development Program*



## *Program information*

## *Who can attend*

## *Sessions*

**Target Group:** Parents who wish to learn strategies to manage selective feeding (also known as picky eating).

Parents will participate in a discussion-based course that focuses on the theories and strategies of feeding Therapy. A variety of sensory and behavioural strategies will be discussed.

Parent permission is required prior to referral. Parents must have at least one child who meets the Alvin Buckwold Child Development Program mandate.

Parents are required to attend the Parents of Super Selective Eaters course before their child can attend Feeding Group.

### **Goals:**

1. To provide education, strategies, and support to parents whose children are picky eaters.
2. To provide parents with a knowledge base in feeding therapy that will maximize benefit from other feeding services offered in the building including Feeding Clinic and Feeding Group.
3. To create an opportunity for parents to network with others who are parenting a super sensitive eater.

This course will consist of 2 sessions lasting 90-minutes each with a maximum of 10 parents/course.

Discussion will facilitate topics such as:

- Perceptions and attitudes about food and mealtimes
- Stressors surrounding food
- Sensory sensitivities at mealtime
- Behavioural strategies to improve mealtime behaviours
- Breaking down the barriers to successful feeding

Parents will also be asked to complete a 3-day food record. This record will be analyzed by our Dietitian and parents will individually receive feedback about their child nutritional status.

### **Team members:**

- ◆ Occupational Therapist
- ◆ Psychologist

*Making meal time a more enjoyable experience*



*Strategies to improve mealtime behavior*