



How to talk to your kids about food and their bodies

This 60–90 minute interactive presentation is for parents, carers and teachers. The aim is to equip adults with the knowledge and skills to support children to have long term healthy relationships with food and their bodies.

Event details:

Date: Tuesday 15 August

Time: 6.30pm to 8.00pm

Cost: \$10 per person or
\$15 per couple
(plus small booking fee)

St Kevin's Dee Why

57–59 Oaks Avenue, Dee Why

Presenter

Kim Lawler, Explore Nutrition

This event is jointly presented by St Kevin's Dee Why and St John's Narraweena

- Topics Include:
- What is body image?
 - Protective factors and risk factors for body image concerns
 - Labelling food
 - Body comments
 - Celebrating diversity
 - The word FAT
 - Basics of how to feed kids and cultivate intuitive eating
 - Considerations when concerns about your kids weight

Registrations are essential
Please click here to buy your ticket/s

Light refreshments will be provided