

The Formative Years



Parentline NI is running FREE sessions on how parents can support their children through their formative years

Session 3: Fussy Eating

Parentline NI is delighted to have Dr. Kirsty Porter from Nutrition4Kids deliver this session for parents.

This workshop will help you navigate the often challenging process of getting your child to enjoy a wide variety of family-friendly meals. Dr. Kirsty helps you strike the balance with making food fun, providing a healthy and balanced diet, all in a way that works with your busy lifestyle

When: Monday 7th June 2021

Time: 10am via Zoom

**For more information or to book a place
call free 0808 8020 400**

Coming soon -

Session 4: Managing Transitions

