

Hassle-Free Mealtimes with Children



Join Triple P for this **FREE** session!

- Discuss changes in children's eating as they grow and develop
 - Share experiences with common mealtime challenges and reasons for them
 - Establish clear mealtime rules, goals, and routines
 - Learn strategies for increasing food variety
 - Apply positive parenting strategies to encourage good mealtime habits and behaviors
- This **2-hour session** can be either **in person or over Zoom**, with your choice of an **individual or group format**.
- * A one-time gift card incentive will be provided to eligible parents who complete the program.

This program is open to custodial parents and kinship caregivers who are residents in Ashland County.



For more information or to sign up,
contact Barbara Kudravi at **419.512.9104**
or bxkudravi@ccdocle.org.