



kids, food & feeding

W O R K S H O P

What to feed your children, and how to resolve mealtime battles

- How do I get my child to eat?
- Why doesn't she eat vegetables any more?
- Help! My child will only eat pasta and white rice.
- He eats so little, I can't believe he's getting enough nutrients.
- Should she be taking a multivitamin?
- Can I make mealtimes less stressful?
- Surely she's eating more than she should?

As parents we worry our kids eat too little, too much, or not enough variety. We often read about children's nutrition - the foods our kids need to thrive, and those best avoided. But rarely are we taught the fundamentals of feeding - strategies that go beyond the 'what' of feeding kids, and delve into the 'why' and 'how'.

I've devised a workshop for parents that covers just that – the 'what', 'why' and 'how' of feeding. Much of this is based on the work of internationally recognised feeding expert, Ellyn Satter.

The workshop covers:

- ✓ The main concerns parents have with their kids eating
- ✓ The 'food personalities' that influence children's eating
- ✓ Essential nutrients for growing kids
- ✓ Why sugar and 'fun foods' still have a place for children
- ✓ The benefits of regular family meals
- ✓ Why rewards, bribes and threats never work
- ✓ The single most important message about feeding children
- ✓ The parent's and child's responsibility at mealtimes
- ✓ How your eating history impacts the way you feed your kids



Get in touch

My name is Jenny Boss and I have a Masters Degree in Human Nutrition from Deakin University. I've also undertaken additional training with childhood feeding expert Ellyn Satter.

I've delivered this workshop to a number of parent groups in schools across Sydney. If you'd like me to come to your school, please contact me for more information:



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What others have said about the workshop



Since seeing your presentation on children's feeding, we have changed our evening mealtimes and now do a buffet with self service. My six year old son is definitely enjoying this way more and eating much better.... thanks!!

I was very sceptical but yes it is way more stress free. We are still working through as he doesn't choose meat every meal, and it is hard not to pressure, but overall big improvement."

Carla, Galilee Primary School, Bondi



I attended your workshop at my children's school recently and wanted to let you know how much I enjoyed it and learnt from it.

You gave me some really good strategies and advice, two of which have worked wonders with my 'fussy' middle child (11 years old).

The first is to let him serve himself. I now line up all the plates on the counter and everyone helps themselves. I notice at first he takes his usual 'tiny' amount, but then he comes back for seconds and thirds!!

As advised by you I always offer him one thing that I know he likes at each meal time. I now feel the stress at meal times has disappeared."

Jean, St Margaret Mary's School, Randwick