



## AEIOU 2017 PARENT WORKSHOP SERIES

**CALLING ALL AEIOU FAMILIES!**

### **Our next centre workshop is Mealtimes**

AEIOU Foundation's workshops series is designed to provide you with the evidence behind our program, as well as practical tips and strategies to use at home. In this workshop, attendees will:

- ✓ **Discuss common mealtimes problems for children with autism**
- ✓ **Learn strategies for increasing food variety, self-feeding and improving mealtimes behaviour**
- ✓ **Develop an individual plan for working with your child at home**

**Date:** Wednesday 31 May 2017

**Time:** 9:00am

A blog with more information will be released prior to the workshop. Until then, this link provides information on suggested foods for kids' lunch boxes and links to simple and healthy recipes: <https://www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking/lunch-box-ideas.aspx>

*RSVP to Program Manager Niamh Hearne on 07 5452 0300 or email [sippydowns@aeiou.org.au](mailto:sippydowns@aeiou.org.au). Please note, we do request alternative care arrangements are made for any children during these sessions.*