

Fussy Eating Workshop

The School Nursing Service offer free fussy eating workshops to parents and carers of children aged 4-19 years. The workshops aim to support parents of children and young people who are fussy eaters and the real challenges that some children can face when it comes to mealtimes.

This workshop explores:

- What a healthy diet looks like
- What fussy eating is
- Reasons for fussy eating
- How fussy eating affects your child, young person, you and your family
- How fussy eating can be managed

This workshop is delivered virtually via Microsoft Teams.

To book on a session, you can call our Single Point of Access on **01922 423349**.

We want to keep these sessions safe and open only to parents/carers of children attending a Walsall school. When you call, we will ask you a few details so that we can verify your child's details. Once you have booked a workshop, we will then send you an email invite to join that session nearer the time. Your email will be hidden from other parents.

Do you need advice and support about other health issues?

We have resources to help you:

- Health for Teen Website for teenagers: www.healthforteens.co.uk
- Health for Kids Website for children: www.healthforkids.co.uk
- School Nursing Service Webpages: www.walsallhealthcare.nhs.uk/our-services/school-nursing
- ChatHealth – text messaging service to contact a School Nurse for advice
 - Teen ChatHealth - **07480 635363**
 - Parent ChatHealth - **07520 634909**



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