

Nutrition and Kids: The Toddler-Preschool Years



Winning the Food Fight with Children

Do you want to feed your kids healthy foods and not experience food battles everyday? with all the nutrition and health information flying around, let us help you figure out what is true and the best choices for your kids.

The purpose of this workshop is to provide parents with working solutions to raise normal eaters, avoid becoming a short order cook, and discourage pickiness. We will also discuss how parents and kids can work together and define who is in charge of what, when it comes to feeding and eating.

Please join Stephanie Brooks, MS, RD, a nationally recognized nutrition therapist and consultant, founder of Bay Area Nutrition, LLC, and mother of two. Stephanie specializes in pediatric nutrition, childhood feeding issues and disordered eating.

Saturday, March 20th, 2010

2:00-3:30pm

**Tiny Tots Baby Boutique
138 Railway Ave. Campbell, 95008**

**\$ 32 (\$ 55 per couple) if pre-paid by 2/13/2010
\$ 38 (\$ 67 per couple)**

min 4 people required for class

For more info go to:
www.Bayareanutrition.com or
www.tinytots.com

To register call tiny tots at 408-866-2925