

Class Descriptions

| Week | Class | Class Description |
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| Week 1 | Feeding Your Child | Feeding children and teens is challenging. Let's talk about how to end our food police worries and enjoy mealtimes together again. |
| Week 2 | Routines with Feeding and Activity | Finding time to cook at home and be active is difficult with our busy lives. Learn how to make family meals and activity a priority in your family. |
| Week 3 | Meal Planning and Cooking at Home | Are you tired of eating out or last minute planning for meals? Walk away with a personalized meal plan that you will create with your family. Watch a cooking demonstration to learn quick recipes to help you cook at home more. |
| Week 4 | Navigating Tough Conversations | Uncover the secrets of communicating with children about their weight concerns without offending. Parents will leave with hands-on tools to get a handle on screen time in the family and encourage everyone to be more active. |
| Week 5 | Adding Variety to Meals and Snacks | Learn the basics of what to feed your family through the day to keep them fueled and satisfied. |
| Week 6 | Key to Stress-Free Mealtimes | Parents continue to learn more about their role in feeding children in this follow-up class to Feeding your Child. Get your picky eating questions answered and leave feeling more confident in how to support and trust your children with eating. |