



FEED for children 6-12 years

The FEED program for children, aged from 6 to 12 years, involves participation from both the child and parent/caregiver. This program accommodates a maximum of four children with their parent/caregiver and employs a filial therapy approach that enhances the parent-child relationship.

What you can expect:

- You and your child will participate in eight face-to-face weekly group sessions occurring after school during the school term. Each session will run for approximately 90 mins.
- During each session, children, with the guidance of their parent/carer, will explore various foods through imaginative role-play activities such as "shopping" and "harvesting" for ingredients. Together, you'll use these ingredients to prepare a dish in the kitchen, culminating in a shared dining experience at the end of each session.
- Sessions will be co-facilitated by an Accredited Practising Dietitian (APD) and Occupational Therapist (OT)/ Play Therapist. The APD will attend each session whilst the OT/Play Therapist will attend the initial, mid and final session employing pretend play, creative engagement, and filial therapy techniques to foster positive relationships with food.
- You will be provided with a kit of resources including basic utensils, apron and an information booklet with recipes, food ideas and home strategies, that will enable positive food experiences at home.
- Prior to commencing this program, we will invite you to complete a pre-program survey that will collect information on your child's interests in food, eating behaviors, current food intake, and barriers to food exposure. We'll also gather information about your and/or your child's confidence in food preparation skills. Following the final session, you will be asked to complete a similar post-survey with opportunities to provide valuable feedback on the program. The surveys are estimated to take around 5 minutes to complete.

**Sessions take place at the Chifley Health and Wellbeing Hub,
5/70 Maclaurin Cres, Chifley.**