



FEED for Early Childhood 2-5 years

The FEED Program for early childhood involves participation from both the child and parent/caregiver. This program accommodates a maximum of eight children and employs a Theraplay model to engage children with food via play. The focus for this age group is to help children become comfortable with trying new and different foods through creative play and conversations, thus reducing the stress commonly seen during mealtimes.

What you can expect:

- You and your child will participate in eight weekly face-to-face group sessions. Each session will run for approximately 60 mins.
- During the sessions, children, with the guidance of their parent/caregiver will explore vegetables in association with play-based activities that apply a fun and positive approach to vegetable exposure.
- Sessions will be co-facilitated by an Accredited Practising Dietitian and Occupational Therapist (OT)/Play Therapist. The APD and OT/Play Therapist will attend each session and will encourage positive engagement with food using sensorimotor and pretend play.
- You will be provided with an information booklet including suitably tailored recipes, food ideas and home strategies that will enable positive mealtime 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 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.**