

**Communications Office**  
Peterborough County-City Health Unit  
10 Hospital Drive  
Peterborough, ON K9J 8M1  
(705) 743-1000, ext. 391  
[www.pcchu.ca](http://www.pcchu.ca)



## **FOR IMMEDIATE RELEASE**

Thursday, March 31, 2011, Peterborough

# **Want to Improve Your Child's Eating Habits?**

## ***Parents Invited to Free Workshop on April 7 to Help Make Meal Times Healthier and Less Stressful***

Parents are invited to a free Healthy Families Workshop to explore ways to help children eat better on Thursday, April 7 from 7:00 to 9:00 p.m. at the Peterborough Public Library.

Entitled *All About Eating in 4 to 12 Year Olds: Helping Your Child Become a Competent Eater*, this workshop features presentations by local experts from the Peterborough Regional Health Centre's Family and Youth Clinic in the fields of nutrition, psychology and social work on this important meal time topic.

"We know that families that eat together eat better," said Carolyn Doris, Public Health Nutritionist with the Peterborough County-City Health Unit who helped organize the workshop. "This Healthy Families Workshop features local experts in the dynamics of eating, and will provide families with the 'how' and 'why' we should all be making family meals a priority."

Ms. Doris noted research shows that parents play a key role in helping their children develop healthy, life-long eating habits. This workshop will highlight best-practice information, tips, and offer a discussion on teaching children healthy eating habits, dealing with picky eaters, reducing meal-time conflict, as well as providing information about when to seek professional help.

The workshop will be of interest to parents and care providers of children ages four and over. The workshop is free and no registration is required. For more information, please call Kinark at 705-742-3803 or 1-800-386-6561.

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### **For further information, please contact:**

Carolyn Doris, RD  
Public Health Nutritionist  
(705) 743-1000, ext. 251

Louise Bennett  
Kinark Child and Family Services  
(705) 742-3803, ext 343