

# Develop skills in early childhood nutrition

Take part in four free online sessions to increase your knowledge of early years nutrition.

## TOPICS

- First foods
- Nutrition for toddlers
- Picky eating
- Feeding practices and meal times
- Nutrition for Prep transition

## ABOUT THE SERIES

This series will focus on the nutritional demands and behaviours for children aged 0-5 years. Experts will share evidence-based and best practice information to guide and support childhood educators and playgroup facilitators to build confidence in this area.

- 4 x free weekly sessions via the ECHO® Learning Series platform.
- Short presentation and an opportunity for collaborative problem solving.



**REGISTER TO  
TAKE PART**

**Thursday October 20 to November 10, 2022  
12 - 1pm online**

This four-part series is open to Early Childhood Educators, Playgroup Facilitators and Child Health Community Workers

Secure your spot by registering at  
<https://hw.qld.gov.au/echo/register/>

For more information email [echo@hw.qld.gov.au](mailto:echo@hw.qld.gov.au)

