



Neurodevelopmental Health Workshops – Feeding Challenges

This two-part virtual workshop series supports parents in understanding and navigating feeding challenges commonly experienced by neurodivergent children.

Key topics

- Practical introduction to feeding differences
- Helpful tools for common nutritional concerns
- Exploring respectful ways to create manageable mealtime routines that work for their families

The goal is to provide caregivers with compassionate tools to support the child or youth's unique feeding needs.

Entry Requirements

- 0-17 years old

and child/youth must meet one of the following:

- eats less than 10 foods
- avoids at least 1 food group
- experienced a weight change in the last 3 months
- experienced changes to eating patterns in the last 3 months
- nutrition impacts and of the following: school attendance, social activities, family meals, friendships or social life

What makes this workshop unique?

- Programming developed by dietitians for neurodiverse population

For questions, please contact



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A member of your
child/youth's care team