



SKILLBUILDERS GROUP PROGRAMME

MEALTIME MATTERS

For Ages 4+

Designed and run by our Occupational Therapists, this group aims to help children overcome feeding and mealtimes difficulties within their home and the community.

Some of the topics covered in this group include:

- Developing positive mindsets about food and motivation to eat.
- How to explore and cope with the sensory aspects of food.
- Oral motor skills required to eat safely and easily.

For more information please contact us on 9332 2223 or 0418 940 946 (Caryn).

SKILLBUILDERS
Building Kids' Skills for Living and Learning

