Education Inclusion Family Advisor Online workshop

Managing Mealtimes workshop

Finding mealtimes challenging and stressful?

This workshop will cover building and creating positive food experiences, increasing successful mealtimes and how we can keep calm, manage emotions and respond positively to our children at mealtimes.



Monday 14th December 2026
12.00 – 13.30

Please sign up by clicking on the link or scanning the QR code and completing the registration form.

EIFA Managing Mealtimes workshop

Links to these workshops will be immediately sent out after completing your request to join and a reminder 1 hour before the session (Please check your junk/spam mail).

Handouts will be sent to attendees after the workshop has ended.

If you experience any difficulties in signing up for these workshops, please email your EIFA katie.smith@cambridgeshire.gov.uk who can assist you further.

If you are looking for information, advice and support on any issue affecting your family life, please email your EIFA to request a 1:1 appointment.