

AVOIDING FOOD FIGHTS: How to get more out of Mealtime

Have a picky eater at home?

Is mealtime stressful for your family?

Just started solids with your baby and want to know what lies ahead?



Capital Area Pediatrics wants to make sure you have the information and tools you need that are vital to your family's health and wellness journey. Parents are invited to join Sara Keefer, CPNP for a complimentary health education session.

In this session, Sara will talk about:

- nutrition requirements and healthy eating patterns for children age 1-4
- how to instill healthy eating habits in young children
- strategies to get picky eaters to try new things

**Thursday, May 16 at 6:30 pm or
Saturday, May 18 at 2:30 pm**

Capital Area Pediatrics - Sleepy Hollow
6565 Arlington Blvd, Suite 210
Falls Church, VA 22042

***Please RSVP no later than May 13
by calling 703-534-1000 x8002
Space is limited!***