Fussy Eating Workshop for Parents and Carers

Are mealtimes a struggle?

Join our friendly workshop for parents and carers to learn practical ways to make mealtimes less stressful and more enjoyable.



What is the workshop?

This is a free, one-off session held at your child's school by the East Sussex School Health Team. It provides simple, trusted NHS advice to help you understand why your child might be selective with food and what you can do to support them.

What you will learn:

- Reasons children become fussy eaters.
- Practical strategies to try at home.
- Ways to reduce mealtime stress.
- How to build your child's confidence around food.
- Tips to support healthy eating habits.



This session is for:

- Parents and carers of children who are fussy or selective with food.
- Parents and carers of children who avoid certain foods or textures.
- Anyone looking for support to improve family mealtimes.

The session will be held in school at 1.30pm – 3pm on Thursday, 7th January 2027.

Book your place by contacting the School Office office@westernroad.e-sussex.sch.uk