

# The Art of Feeding: Nurturing the Whole Child, From the Highchair Through High School

*with Jill Castle, MS, RD, LDN*

## Come to learn:

- How to handle common feeding challenges
- How connecting through feeding can strengthen trust in the parent-child relationship
- How to teach a child to listen to their bodies and eat accordingly
- How parent attitudes and actions associated with feeding, can enhance or interrupt healthy eating

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A workshop presented by:  
**Eating Disorders  
Coalition of Tennessee**

**Wednesday,  
February 24  
6:00 P.M.**

**Davis-Kidd  
Bookstore**  
Green Hills Mall  
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