

# Mealtimes & Toileting

Professional Development Sessions  
for Early Childhood Educators and Parents

**2 hour**  
professional  
development  
session

Conducted  
**at your  
centre**  
by a Youthrive  
clinician

**\$50**  
per person\*

\*Minimum 30 people

## Mealtimes

- Exploring picky eaters and problem feeders
- How posture impacts mealtime success
- The sensory aspects to food exploration
- Building good food explorers
- When and where to get help
- Mealtime myths



## Toileting

- Toileting development in the early years
- Diet and its impact on toileting
- Exploration of constipation and bladder incontinence in the early years
- The internal workings of the body
- Strategies to reduce day wetting, constipation or night continence
- When and where to get help

**Contact us now to register your interest!**

e: [enquiries@youthrive.com.au](mailto:enquiries@youthrive.com.au)

p: 07 3204 5200

[www.youthrive.com.au](http://www.youthrive.com.au)

**youthrive**  
INTEGRATED THERAPY SERVICES