

ActiveAte Group Program

FREE TO ATTEND

ActiveAte is a group designed for children who would benefit from fun movement activities and learning how to explore food in a positive way.

Parents are taught how to promote wellbeing by supporting their child to explore food and increase physical activity. Parents come together to learn and share strategies to progress their child's engagement in meals.

Children have the opportunity to:

- Take part in fun movement games
- Explore foods based on sensory properties
- Socialise with other kids

Topics covered with parents include:

- Exploring ongoing opportunities for physical activity
- Mealtime myths
- Creating a positive mealtime routine
- How to support your child to explore food choices
- Trouble shooting barriers to eating a range of foods and participating in physical activity
- The role of technology

This group will be hosted by two of our therapists. The content of the group has been developed by Occupational Therapists, Physiotherapists, Speech Pathologists, Clinical Psychologists and a Dietitian.

When: The group occurs each term throughout the year over 8 sessions.

Where: Kids Are Kids!, 26 Parry Avenue, Bateman

Cost: FREE for the 8 session program and a 45 minute pre-group consult

Register your interest:

Please call 9313 6566 or email info@kidsarekids.org.au

The program is made possible and has been subsidised for families by funding from the Helen Leech Endowment through Perpetual's IMPACT Philanthropy Program.

**FREE
PROGRAM!
REGISTER
NOW**

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About ActiveAte

ActiveAte is an 8 session program that you attend with your child.

Before starting, you will also attend a 45 minute pre-group meeting to discuss your child's current mealtime and physical activity routines. This helps us to better understand you and your child in order to track progress over the duration of the group. It is also an opportunity for you to ask any questions about the group before it begins.

Outline for Parents

- Session 1: Goal setting and guidelines for child wellbeing
- Session 2: Breaking down mealtime myths
- Session 3: Getting ready for change at mealtimes
- Session 4: Understanding the sensory properties of food
- Session 5: Understanding the sensory properties of food and expanding food choices
- Session 6: Parents and children exploring food together
- Session 7: The role of technology on wellbeing
- Session 8: Pulling it all together

Outline for Children

- Sessions 1-3: Taking part in fun movement activities and learning about food groups
- Sessions 4-8: Taking part in fun movement activities and learning how to explore food

We hope that families continue to maintain positive changes after ActiveAte and encourage a meeting 12 weeks post-completion to discuss your family's progress.

Feedback from parents who have attended has been overwhelmingly positive, reporting changes in their child's mealtimes and feeling supported and connected with other parents.



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