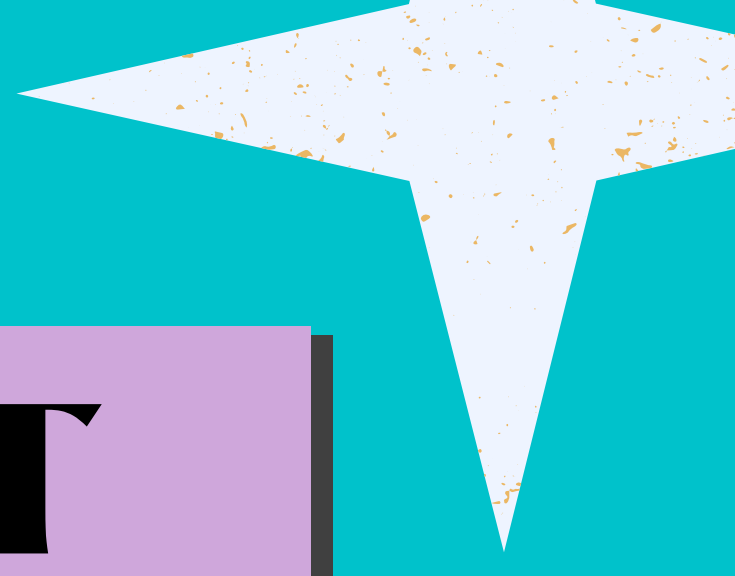


# PARENT SUPPORT GROUP

**Picky Eating  
& Constipation**

**MARCH 15, 2023  
6 PM @ EVOLVE PEDIATRICS**



## What classifies picky eating?

Each child is different and each family has their own preferences however when a child is showing great limitations in their variety of intake this can limit their caloric intake and cause disruption in family mealtimes.

## What does therapy look like for my child?

At Evolve Pediatrics, our OT's are trained to assess your child's oral motor skills and sensory characteristics. This then helps develop a therapeutic plan to work on improving oral motor skills, if needed, and work on exploring foods to add variety to their diet.

## I am worried my child is not getting the nutrients they need

Stefanie Hedrick with Juice Plus will be present to talk about an easy and simple addition to your daily routines to make sure your child is receiving the nutrients he/she needs!

## My child is constantly constipated and has trouble with going to the bathroom.

Our OT's will talk about your child's awareness to their body cues (interoception) and Stefanie will discuss plant based additions to help with constipation.

If you are interested in attending this Parent Support Group please call us at 270-823-3875

