



**Comfort Connection Family Resource Center invites you to a Presentation:**



# **Mealtime Game Changers**

Presented by  
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Mary Kelley, OTR/L and  
Ana Salgado, M.A., BCBA  
of Love 2 Learn**

Learn tips and tricks to use during mealtimes for infants and young children. By the end of this workshop, parents can expect to have a toolbox that will decrease stress and increase success.

1. Set realistic expectations for the adults
2. Nutrition needs of children from 0-3 years old
3. Environmental strategies that promote independence
4. Routines that work for all

**Wednesday, March 23, 2022  
6:30 - 8:30 p.m.**

**This will be a virtual workshop. Please register in order to receive the log-on information. Click [HERE](#) to register or scan the QR code below.**



Should you have questions, please contact Patricia Garcia at 714-558-5400 or email [pgarcia@rcocdd.com](mailto:pgarcia@rcocdd.com)