

Education Inclusion Family Advisor workshops

June/ July 2026

Managing Mealtimes

Finding mealtimes challenging and stressful?

This workshop will cover building and creating positive food experiences, increasing successful mealtimes and how we can keep calm, manage our emotions and respond positively to our children at mealtimes.

**Thursday 9th July 2026
9.30 – 11.00**

Click this link to receive the invite today

[Managing Mealtimes EIFA workshop](#)

Links to these workshops will be immediately sent out after completing your request to join.

Handouts will be sent to attendees after the workshop has ended.

If you experience any difficulties in signing up for these workshops, please email your EIFA katie.smith@cambridgeshire.gov.uk who can assist you further.

If you would like to speak to your EIFA about an area you would like support with, please email katie.smith@cambridgeshire.gov.uk to request a 1:1 drop in appointment.