First Step
PSYCHOLOGY & CHILD DEVELOPMENT CENTRE

# CHILD NUTRITIONIST CONSULTATION

Nourishing growing bodies, supporting healthy minds.

## WE CAN HELP WITH

- Picky eating and fussy eating
- Healthy weight management
- Growing and development needs
- Digestive and gut health
- Nutrient deficiencies and food allergies
- Family nutrition and meal planning

## BENEFITS OF GOOD NUTRITION

- Supports healthy growth and development
- Improves concentration, learning and behaviour
- Strengthens immunity and overall health
- Builds healthy eating habits that last a lifetime
- Promotes energy and well-being

## OUR APPROACH

**Personalized Nutrition Assessment**
We look at your child's diet, lifestyle and individual needs.

**Individualized Nutrition Plan**
Practical and realistic plans tailored to your child and family.

**Education & Guidance**
We empower parents with knowledge and ongoing support.

**Monitor & Support**
We track progress and adjust the plan as your child grows.

## BOOK A CONSULTATION TODAY!

Let's take the first step towards your child's better health.

## CONTACT US

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