



Join us for a
PARENT EDUCATION NIGHT
How nutrition impacts your child's learning

Thursday March 28 at 5:00 pm

Childcare Provided, Pre-registration for childcare required

Email frederickmontessori@verizon.net

Come and engage in a real discussion of nutrition with the developmental needs of a child in mind by local nutritionist:



Cheryle McKee, MS, CNS, LDN
Nutrition & Wellness Coaching
CNS #16947 LIC #DX3784



We will dive into very relevant topics and take home great tips:

- How to pack a healthy lunch (kids can get involved in this)
- Healthy breakfasts you can make in 10 minutes
- The importance of family meals
- Why HOW you eat is just as important as WHAT you eat
- How to encourage picky eaters to try new things