

# Time to Eat! Tips to Develop Children's Healthy Eating & Feeding Skills

**Date:** Friday, March 7, 2025

**Time:** 12–1 pm (Eastern Time)



When it comes to meals and snacks, your little one is learning all about different types of food and how to feed themselves. There are lots of skills to learn along the way! In this program, Tessa Kennedy, MS, CCC-SLP, and Simona Lourekas, MS, RD, CSP, LDN, CHES, share tips on how to help your child develop healthy eating habits and the skills needed to chew, swallow, and feed themselves.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on the link or scan the QR code:

<https://partners.zoom.us/j/84439298100>



For more information, call 617-724-7352  
or email [PFLC@partners.org](mailto:PFLC@partners.org)

## Featured Speakers



**Tessa Kennedy, MS, CCC-SLP**

Pediatric Speech, Language and Swallowing Disorders  
Mass General for Children



**Simona Lourekas, MS, RD, CSP, LDN, CHES**

Pediatric Gastroenterology and Nutrition  
Mass General for Children



## Blum Center Program Schedule

Scan this QR code with your phone's camera  
to see our program schedule online

