

2025 Sepmber School Holiday  
Intensive Group Program

# Build-A-Plate Mealtime Management

Join our playful preschool group where mealtime becomes a fun learning adventure! Through sensory play and hands-on activities, children will build their awareness and tolerance for a range of foods and textures.

**Age:** Primary School

**Cost:** \$204.76 per session

**Venue:** Early Start Australia,  
Oakleigh

**Time:** 9.30 - 11.30am

**Dates:** 23-25<sup>th</sup> September  
(inclusive)

Priority will be given to children who  
can attend all 3 days

**Funding:** Private or NDIS  
allocation

Our Build-A-Plate mealtime management group aims to make mealtimes a positive experience for your child and family. Parents are recommended to attend this group with their child to support the development of:

- **Sensory preferences:** Through play, children will be exposed to different textures, smells and tastes
- **Executive functioning:** Developing a routine around mealtimes to support regulation and flexibility
- **Positive food experiences:** To encourage comfort and curiosity around food

**Next Steps:** For enquiries or to register for this group click [here](#), scan the QR code, call our clinic on **03 9024 0339** or email us at [oakleigh@earlystartaustralia.com.au](mailto:oakleigh@earlystartaustralia.com.au)



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