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Nara-Beth Bonfiglio

Owner and director of little fusspot

Certified clinical nutritionist, up-and-coming
author, blogger, picky eating expert



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MEET BETH BONFIGLIO

Certified clinical nutritionist, up-and-coming author, blogger, picky eating expert

Beth Bonfiglio is a paediatric clinical nutritionist who lives in Perth WA, with her husband and two kids Georgia (4) and Ryder (6).

Beth has some serious skin-in-the-game when it comes to kids who refuse to eat. Her firstborn son was diagnosed with SPD (Sensory Processing Delay), food neophobia, celiac disease, and other possible food intolerances when he was 2. Being a clinical nutritionist, Beth wasn't going to wait until her son grew out of it. So she did extensive research, worked with some of the world's best sensory experts, and workshopped new techniques to find the best way of treating problem feeders.

Beth has helped so many parents from around the world become the change-makers in their family's nutrition and culinary exploration. She connects via a 3-part online program (just 6 weeks to a fuss-free eater), a private Facebook therapy group, 1:1 coaching, and an early childhood school program (I can *Eat a Rainbow* program).

I can eat a
rainbow
littlefusspot.com



NARA-BETH BONFIGLIO S.A.C

Owner and Director of Little Fusspot

WHO IS BETH BONFIGLIO

CLINICAL NUTRITIONIST

Expert in children's nutrition, naturopathic health & sensory enrichment therapies Certifications in evidence-based, feeding strategies.

BRAND ADVOCATE

A strong background in magazine and television advertising. An experienced brand advocate who knows how to represent and repurpose material to maximise exposure.

A MOTHER OF TWO

Who knows how important family health is and the many landmines that lie in the way.

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KEY INTERVIEW TOPICS



- Particular foods that are known to cause fussy eating
- What is a sensory processing disorder and how to overcome it?
- According to expert advice, I served broccoli 20 times, so why doesn't he eat it?
- What's the best way to avoid having a problem feeder?
- Picky eater vs problem feeder: when to get professional help?

MAKING EVERY BITE COUNT WITH HEALTH-FOCUSED BRANDS

Beth is a brand advocate for brands committed to helping her achieve the following:

- Supporting sustainable and environmentally-conscious brands
- Bringing children closer to wholefoods
- Time-saving solutions for busy mums and families





HOW BETH AND THE LITTLE FUSSPOT BRAND CAN HELP YOU?

ONLINE PROGRAM

Inclusion in the Little Fusspot **online therapy program** for parents

SOCIAL MEDIA

Media (social or otherwise) **product placement** when working with clients (where relevant)

PRINTED COLLATERAL

Limited edition **book printing** at corporate trade events

SOLD & MENTIONS

Sold and mentioned at speaking engagements when visiting daycares, schools or playgroups

COMPETITIONS

Generate traffic and conversions to your brand or event with **competitions or giveaways**

ENQUIRIES

Enquire about **brand ambassador** packages: beth@littlefusspot.com

REVIEWS

Blog reviews on products, services resources and events

SPONSORED CONTENT

Sponsor a professional video

BETH IS THE GO-TO FOR FAMILIES AND PROFESSIONALS FACED WITH PROBLEM FEEDERS. BUT WHAT ELSE DOES SHE GET UP TO?

Beth developed one of the world's first, online therapy programs to help parents and educators bring change to the health of our next generation. "6 weeks to a Fuss-Free eater" is a program that was designed for children who identified as problem feeders. This course was 5 years in the making and research phases, and since its launch, it has had rave reviews and incredible results. (<https://www.littlefusspot.com/courses/>)

Beth has just developed a school program: "I can eat a rainbow" workshop for ages 3-7. This is Australia's first nutritional workshop that teaches kids how important gut health is for our immune system. Includes a classroom, food-tasting session, classroom cooking, and a **Mr Cauli / Mr Broccoli take-home activity** that has been encouraging kids to eat new and nutritious

foods. Soon to be developed into an online workshop for educational professionals.

Beth runs a safe and **private Little Fusspot group therapy page** on Facebook that holds a community of over 100 current clients partaking in the 6-week therapy program. A dynamic and supportive group where triumphs are shared daily.

An Up-and-coming author of "The Problem Feeder Protocol"

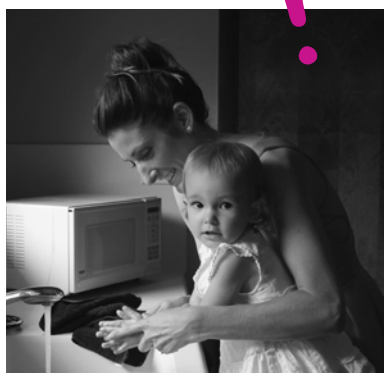
A book that guides parents and educational professionals through my clinically-proven and parent-acclaimed 6-week picky eating protocol.





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TESTIMONIALS



"I contacted Little Fusspot for my 19 months old daughter who did not eat anything but fruits and milk. I have tried to offer her plenty of choices, in different forms (triangle, rectangle...), with different consistencies (pureed, cut in small pieces, normal food), in different dishes, with different distractions, nothing worked. I also have tried to let her hungry, but with no results. Our meals were a disaster with tantrums. **After the Little Fusspot intensive program, my daughter eats a far more balanced diet, and has accepted a variety of new foods.** Now she tries new foods at home almost every day. Our personalized program with Beth gave me great confidence that we're on our path to having a happy and healthier eater. *Many thanks Little Fusspot! " Dr C.R (Romania)*



Fussy eaters, or picky eaters, are children who just won't eat good healthy food & it can really cause your whole family enormous stress and anxiety. Not only is eating the right foods important for enjoyable mealtimes, but eating the wrong foods can lead to all sorts of health issues with young children if left unresolved. So, **I was delighted to discover Little Fusspots and their online mealtime therapy school, that teaches you all that need to know in a quick, simple and easy 6 week intensive programme.** Make fussy eating a thing of the past with Little Fusspot Solutions and save your sanity." *Sue Atkins ITV Parenting Expert, Author, Speaker & Broadcaster www.TheSueAtkins.com*



"We were at our wits end with our daughters very limited diet and I was searching online at fussy eating tips and looking at forums when I came across Little fusspot. After looking at the facebook page and reading reviews I decided to contact them to see if they could help us with our little ones fussy eating. This had gone on for almost 2 years, she was eating the same things every day - no fruit, vegetables or protein at all. I had visited our GP but had got no where and felt like I was stuck in a rut and no one was willing to help us! **Beth got back to me within 2 days and has just been amazing ever since.** We are still not quite where we want to be with our little girls diet but we are in a much better place than we were 3 months ago. She is eating a much more varied diet and is much more willing to try new things. Beth is knowledgable, supportive and really cares about what she does. I am so pleased I took the step to contact Beth. **We now feel armed with the right tools to help our daughter and support her with her eating.** If you are thinking about contacting little fusspot about your childs eating, do it, you won't regret it! Thankyou Beth. You are a star!" - *N. Light from West Sussex, UK*



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IN THE MEDIA



Certified clinical nutritionist, up-and-coming author, blogger, picky eating expert

- Ten Eyewitness News story
- Nine Live Perth
- Halia Rose interview (UK)
- BTB (Behind the Brands)
- Working Mothers Connect
- Natural Parent Magazine
- Family Capers
- A Quirky Journey (Jo Whitton podcast)
- Burton Mail (UK)
- Luke and Susie podcast



CONNECT WITH BETH

Email: beth@littlefusspot.com

LinkedIn: [Nara-Beth Bonfiglio S.A.C dip](#)

Australia +61 (0421 440 010)

www.littlefusspot.com

Nara-Beth Bonfiglio



Facebook: [/littlefusspot](#)

Youtube: [Little Fusspot](#)

Instagram: [littlefusspot](#)

BETH@LITTLEFUSSPOT.COM | WWW.LITTLEFUSSPOT.COM

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