

Fit 4 Life Bite Size Sessions



Join us for our online parent/carer workshops:

SLEEP & SCREENS

Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

FUSSY EATING & SNACKING

Are your mealtimes stressful? It's easier said than done to get children to try new foods. In this session we will share tips and techniques to encourage your child to eat more variety. We will also talk through the steps to food acceptance. We'll share healthy snack ideas as we look at alternatives to sugary snack favourites.

PHYSICAL ACTIVITY & SUGAR

Would you like to be more active as a family? Children love to be active but as they grow, their attitudes towards physical activity may change. We have some great tips and information on overcoming barriers, how sugar affects our body and the effects caffeine has on our brains.

These workshops are for parents and carers. **Choose from the following sessions:**

45 Minute - Online Workshop

Fussy Eating & Snacks	Sleep & Screens	Physical Activity & Sugar
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To see available dates & to book your place please scan the QR Code, visit

<https://halton.me/parent-carer-bitesize-sessions-booking-form/>

Or email HIT@halton.gov.uk



For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



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