

For Families

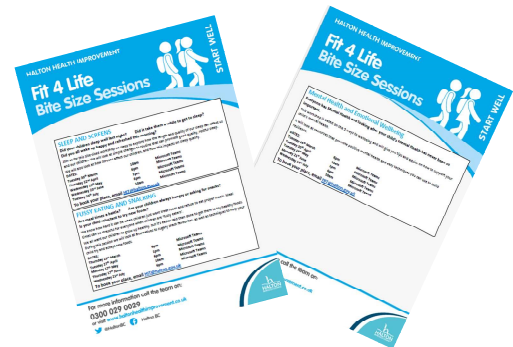
Parent Bitesize sessions

To book a place on the training email HIT@halton.gov.uk

Mental health and Wellbeing	
Tues 16 th March	6pm
Tues 20 th April	10am
Tues 18 th May	1pm

Fussy Eating and Snacking	
Thurs 25 th March	6pm
Tues 27 th April	1pm
Mon 17 th May	6pm

Sleep and Screens	
Tue 30 th March	10am
Thur 22 nd April	6pm
Wed 19 th May	1pm



Stress Awareness Month April 2021

Research has identified that 65% of people have felt more stressed since the COVID-19 restrictions began in March 2020. For Stress Awareness Month the Health Improvement Team have designed a workshop to help individuals to recognise what stress is and introduce a number of tools available to build resilience and reduce stress.

The 45-minute workshop will cover:

- What is stress and why do we need to tackle it
- Understand how the body reacts to stress
- Introduce a number of practical tools you can use to reduce stress

To join us for this bite-sized workshop on **Tuesday 20th April at 18:00** via Teams
Email HIT@halton.gov.uk to book a place.

Healthy Easter Tips

If you don't want the kids to graze on chocolate all day this Easter Sunday, make sure they have a healthy filling breakfast before the Easter eggs are cracked open. Try these cute fun Easter breakfast ideas:



Tips to manage how many Easter eggs the kids (and adults) are eating:

- Keep all Easter treats out of sight and where the kids can't help themselves
- Allow kids to choose something out of the Easter treats box just once a day – this box could also include non-edible treats.
- Break up larger Easter eggs into smaller pieces to avoid eating a whole egg in one go



Follow our Youtube page for Tips on how to become healthier and more active during lockdown
<https://youtube.com/playlist?list=PLeXIVsKOQx2YOWNizCgnzm5iLi5Gn9GLQ>