

# Fit 4 Life Bite Size Sessions



Join us for our 1-hour 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

**Is your child a fussy eater?** 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.

## MENTAL HEALTH & EMOTIONAL WELLBEING

**Everyone has mental health** and looking after your child's mental health has never been so important. This workshop is based on the 5 ways to wellbeing and will give you tips and advice for supporting your child's mental health. We'll share resources and techniques to promote positive mental health and build resilience.

These workshops are for parents and carers, and will be delivered via Microsoft Teams.

Choose from the following sessions:

Sleep & Screens		Fussy Eating & Snacks		Mental Health & Emotional Wellbeing	
Wed 22 <sup>nd</sup> September	10am	Wed 29 <sup>th</sup> September	6pm	Tue 14 <sup>th</sup> September	10am
Mon 18 <sup>th</sup> October	6pm	Thu 21 <sup>st</sup> October	10am	Tue 19 <sup>th</sup> October	1pm
Fri 12 <sup>th</sup> November	10am	Wed 17 <sup>th</sup> November	1pm	Mon 18 <sup>th</sup> November	6pm
Wed 8 <sup>th</sup> December	6pm	Tue 14 <sup>th</sup> December	6pm	Wed 1 <sup>st</sup> December	10am

To book your place, email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

For more information call the team on:

**0300 029 0029**

or visit [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)



@HaltonBC



Halton BC