

## Fit 4 Life now online!

Would you like your family to eat better, sleep better and be more active? Our free Fresh Start app will help you to set good habits and routines, manage snacking and sugars, increase activity levels, sleep better, manage screen time. Plus there are lots of top tips and recipe ideas.

For more information, [click to visit our web page](#). Then download the app via the Google Play store or Apple App Store or scan the QR code and enter invite ID **F4L-SN**.



## Parent/Carer Bitesize Workshops (via Microsoft Teams)

New dates are now available for our popular bitesize workshops for 2022.

Sessions are free, delivered online, and last up to 1 hour. Sessions available include:

Sleep & Screens	Fussy Eating	Mental Health & Emotional Wellbeing
Tues 29 <sup>th</sup> March 1.00pm	Thurs 24 <sup>th</sup> March 6.00pm	Weds 30 <sup>th</sup> March 10.00am
Thurs 28 <sup>th</sup> April 6.00pm	Mon 25 <sup>th</sup> April 1.00pm	

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

For more information visit our website:

<https://www4.halton.gov.uk/Pages/health/hit/start/fit4lifeparents.aspx>

## Reducing Parental Conflict

- Do you feel that you argue all the time?
- Do you struggle to talk about how you feel?
- Are you using hurtful texts, emails or social media against each other?
- Do you find it difficult to listen to the views of your partner / ex-partner?

The Respectful Relationships programme provides access to free support and a space to talk about your relationship and how family disagreements can impact on your child.

To chat more about what support we can offer or to access the programme please call or text Sam Edwards, Parenting Co-ordinator on 07392287921 or email [parenting@halton.gov.uk](mailto:parenting@halton.gov.uk)



**If you're pregnant or have a child under the age of 4, you could be eligible for the NHS Healthy Start Scheme**



To check if you're eligible for Healthy Start, visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)