Exam Stress

Pressure to do well in exams can be overwhelming and affect a young person's mental health. Here's some advice from Young Minds if it's all getting a bit too much. Take a look at https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/

Young Mind's Parent Helpline and Webchat provides advice and support for parents and caregivers who are worried about a child or young person 0808 802 5544 from young minds (0-25 yrs) Mon-Fri 9:30am to 4pm.

BBC Bitesize also has some great advice and information for anyone sitting exams over the next few weeks.

https://www.bbc.co.uk/bitesize/collections/exams-and-revision/1

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
Fri 20 May 1.00pm	Weds 25 May 10.00am	Mon 9 May 6.00pm
Thurs 23 June 10.00am	Tues 28 June 6.00pm	Tues 14 June 1.00pm
Weds 13 July 6.00pm	Thurs 14 July 1.00pm	Thurs 7 July 10.00am

To book a place email HIT@halton.gov.uk

For more information visit our website:

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

Are you expecting a baby this Summer? Join Halton's free online antenatal workshops! Click here to learn more and how to book.

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

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.**