

# 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

**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 non clinical 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. **Choose from the following sessions:**

### 45 Minute - Online Workshop

Mental Health & Emotional Wellbeing		Fussy Eating & Snacks		Sleep & Screens	
TBC		Monday 26 <sup>th</sup> June	5:30pm	Monday 3 <sup>rd</sup> July	5:30pm

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](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)