

Fit 4 Life Bite Size Sessions



SLEEP AND SCREENS

**Did your children sleep well last night? Did it take them a while to get to sleep?
Did you all wake up happy and refreshed this morning?**

Join us for this bite-sized workshop on sleep to explore how the length and quality of our sleep can affect us and our children.

We will look at simple changes to routine that can promote good quality, restful sleep.

We will also look at how screens affect our children, and how this impacts on sleep quality.

DATES:

Thursday 12 th November 2020	1pm	Online via Skype for Business
Tuesday 8 th December 2020	6pm	Online via Skype for Business

To book your place, email HIT@halton.gov.uk

FUSSY EATING AND SNACKING

**Are meal times a battle? Are your children always hungry or asking for snacks?
Looking for healthy snack ideas?**

We know how hard it can be when children just want treat foods and refuse to eat proper meals. Meal times can be stressful for everyone when children are 'fussy eaters'.

We all want our children to grow up healthy, but it's easier said than done to get them to try healthy foods.

During this session we will look at alternatives to sugary snack favourites, as well as techniques to help your child try and accept new foods.

DATES:

Wednesday 18 th November	6pm	Online via Skype for Business
Wednesday 9 th December 2020	11am	Online via Skype for Business

To book your place, email HIT@halton.gov.uk

These sessions are for parents/carers. You will need Skype for Business installed on your device.

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



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Mental Health and 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 on how to support your child's mental health.

It will look at resources that promote positive mental health and easy techniques you can use to build resilience.

DATES:

Tuesday 17th November

10am

Online via Skype for Business

Tuesday 1st December

6pm

Online via Skype for Business

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