

## Healthy Families Growing Up - 5 to 11 years

A 10 week programme, starting on 9 September 2021 from 10.00am until 12.00noon, around healthy lifestyle, providing tips and support for parents and carers. The course will have a break for October Half Term (no session on 28/10/2021) recommencing on 04/11/2021 with the last session being on 18/11/2021. Each week helps parents and carers to provide a healthy, happy and supportive environment for the whole family. Unfortunately, there will be **NO** Creche facilities.

Week 1	: Getting started together
Week 2	: Thinking about healthy family and parents
Week 3	: Healthier meals and snacks
Weeks 4 & 5	: Responding to children's needs, being active
Week 6	: Food groups, labels, portion sizes and food swaps
Week 7	: Positive mealtime tips
Weeks 8 & 9	: Supporting children as they grow older, body image, peer pressure
Week 10	: Celebrating success and planning for your family's future

If this is the programme for you please contact your Early Help Course Facilitators:

Angie Frater	-	07966 330 041
Erin Stevens	-	07966 331 099

If, as a Professional, you would like to make a referral, please complete a Request for Service form via the link below:

[https://form.northumberland.gov.uk/form/auto/childrens\\_centres\\_req](https://form.northumberland.gov.uk/form/auto/childrens_centres_req)

**The programme will be held at Alnwick Children's Centre - Tel: 01670 620 430**

