

Healthy Families Growing Up - 5 to 11 years

A 10 week programme, starting on 5 March 2020, around healthy lifestyle, providing tips and support for parents and carers. The course will have a break for Easter (no sessions on either 09/04/2020 or 16/04/2020) recommencing on 23/04/2020. 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 Early Help Website:

https://www.northumberland.gov.uk/NorthumberlandCountyCouncil/media/Child-Families/Sure%20Start/Request-for-Children-s-Centre-Service_1.pdf

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



Healthy Families Growing Up - 5 to 11 years

A 10 week programme, starting in September 2019, around healthy lifestyle, providing tips and support for parents and carers. Each week helps parents and carers to provide a healthy, happy and supportive environment for the whole family.

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 Early Help Website:

https://www.northumberland.gov.uk/NorthumberlandCountyCouncil/media/Child-Families/Start%20Start/Request-for-Targeted-Children-s-Centre-Service_1.pdf

The programme will be held at Coquet Children's Centre, Hadston - Tel: 01670 624 500

Dates and times will be confirmed in due course.

