



A great start for babies
and children

Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

*"I will be recommending this course to everyone.
Thank you for this life changing opportunity."*

www.henry.org.uk
Pick up a flyer for more information

Free HENRY Group
Programme starting soon!

Alnwick Children's Centre
Starting Wednesday 16th January 2019
12:45 - 3:00 - 8 weeks

To book a place contact the Children's Centre on
01670-620430