

Fit 4 Life

Bite Size Sessions



Join us for our online parent/carers workshops:

SLEEP & SCREENS

Are you struggling to get your child off their screen? Is this impacting their sleep? In this session, we explore how children can become addicted to their screens. We'll delve into the science of how this affects their sleep and what happens to the brain when screen time is overused and sleep is poor. This workshop will equip you with new skills to manage sleep and screen time, leaving you confident in setting boundaries with your child.

FUSSY EATING & SNACKING

Does your child refuse to try new foods? Are you finding it a challenge to introduce variety into their diet? In this session, we explain how neurodiversity may impact a child's acceptance of new foods. We'll share strategies to broaden your child's preferences and offer tried and tested tips from other parents, helping you combat the challenges of a fussy eater.

PHYSICAL ACTIVITY & SUGAR

Has the COVID-19 pandemic affected how active your child is? Are you concerned about their sugar intake but unsure where to start? Lockdown significantly impacted young people's activity levels. Using children's perspectives, we will share why they struggle to stay active and what you can do as a family to support them. We also explore the science behind sugar and its effects on the body. This workshop will help you understand why children struggle with physical activity and provide you with the confidence to get them moving again.

These workshops are for parents and carers. **Choose from the following sessions:**

45 Minute - Online Workshop

Fussy Eating & Snacks	Sleep & Screens	Physical Activity & Sugar
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To see available dates & to book your place please scan the QR Code, or visit -> [book a workshop on Eventbrite](#)

Alternatively, you can email HIT@halton.gov.uk



For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



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