

Start Well Sheffield Family Programme

Let's make a healthy start ...

Do you have children under 5 and:

- Would you like to know more about giving your child a healthy start?
- Would you like to feel more confident as a parent?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from screens?



If you're thinking 'yes' to any of the questions and you want to find out about practical and helpful ideas to support the whole family come and join us on Zoom for our FREE Family Programme.

Over these sessions our experienced Community Early Years Practitioners will share with you lots of information aimed specifically at families with children under 5 to help give your family the best start in life.

You will receive a Start Well Family Programme book which will help you make the most of the each session; and once you have completed the programme you will receive a certificate and a free resource gift pack too.

Unsure about portion sizes?



Balancing life isn't easy!



What are Guided Choices?



Currently our programmes are being delivered online.

Programme No	Dates and times	Session delivery schedule
Spring 3	Tuesday 1 st March – Tuesday 29 th March 9.30 – 11.30 am	5 weeks - 1x 2hr session per week
Spring 4	Thursday 3 rd March – Thursday 31 st March 9.30 -11.30 am	5 weeks - 1x 2hr session per week
Summer courses starting after the Easter Half Term break		
1	Tuesday 26 th April – Tuesday 24 th May	5 weeks - 1x 2hr session per week
2	Friday 29 th April – Friday 8 th July	10 weeks - 1hr 15 mins session per week
3	Tuesday 7 th June – Tuesday 5 th July	5weeks - 1x 2hr session per week
4	Thursday 16 th June – Thursday 14 th July	5weeks - 1x 2hr session per week

To book a place on any of the programmes please email your name, telephone number and which programme you would like to attend to: startwell@sheffield.gov.uk and a member of our team will get in touch with you.

Find out more about Start Well Sheffield on our Facebook page: Start Well Sheffield



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