

# IT'S A ROLLOVER A START WELL ROLLOVER!

## Start Well Rolling Programme

Would you like to join a programme but don't have 5 weeks of time free? Well, we have the answer for you.

Start Well now offers our popular Family Programme as continuous rolling sessions; this means you can join for just the weeks that you want or complete all 5 sessions at your own pace.

They are only available online and delivered on Thursday afternoons from 1–2.30pm (except for school holidays)

Dates and session titles are bookable through **Eventbrite** and are **free**.

Please see below for week numbers/title references needed for booking.



<b>Week 1</b>	<b>Let's Make a Healthy Start</b>	Understanding what helps us to be healthy and helps our children grow and learn, plus become a food label detective.
<b>Week 2</b>	<b>Confident Parent - Confident Child</b>	Why developing consistent routines helps create confident parenting styles and understanding how this relates to positive behaviours.
<b>Week 3</b>	<b>Food and Healthier Eating</b>	Discover where our eating habits start. Understanding and avoiding food fussiness, plus; weaning, portion sizes and creating relaxed mealtimes.
<b>Week 4</b>	<b>Emotional Wellbeing</b>	Understanding children's behaviours, why empathy and guided choices helps. And thinking why our own wellbeing matters.
<b>Week 5</b>	<b>Looking After Our Bodies/Oral Health</b>	How family activity benefits more than just our bodies. Ideas to help children enjoy brushing teeth and find out how much sugar is in our snacks.



Scan the QR code or use the link to take you to our landing page

<https://www.eventbrite.com/cc/start-well-offer-for-sheffield-families-2142969>