



Start Well Sheffield

Let's Chat About sessions at Primrose Family Hub

Come and join our experienced Early Years Practitioners for free information sharing sessions. Each week we cover handy topics for families with children under 5. No need to book.

Topics covered:

- **Healthy balanced diet and weaning**

What a balanced diet for younger children looks like, how we can make healthier choices. Practical tips on starting weaning and feeling confident, developing healthy habits from the start and the science behind babies behaviours.

- **Portion size and food fussiness**

We will look at how big a child's portion is and how do we know if we are getting it right. How to encourage children to try new foods, reduce food fussiness and start having stress free family mealtimes.

- **Healthy families and active fun**

How being active benefits children's growing bodies, how we as parents can influence children's habits and help foster positive attitudes for life. Plus ideas for simple low cost fun activities and the benefits of tummy time and treasure baskets for little ones.

**All sessions will be on Thursdays at Primrose Family Hub S6 2TN
starting at 1pm till 2.30pm.**

Healthy balanced diet and weaning	Portion size and food fussiness	Healthy families and active fun
September 5 th 2024	September 19 th 2024	September 26 th 2024
October 3 rd 2024	October 17 th 2024	October 24 th 2024
November 7 th 2024	November 21 st 2024	November 28 th 2024
December 5 th 2024		

You can find more about Start Well on the Sheffield directory.

www.sheffielddirectory.org.uk/start-well-sheffield

Call our Advice line on Fridays 9am-11am 0114 2057241 or email us directly at: Adminstartwell@sheffield.gov.uk

