



  
**ParentsPlus**  
Empowering Professionals to Support Families

# Healthy Families Programme

A practical course to improve your children's health and well-being.

The Parents Plus Healthy Families Programme is an eight week evidence-based course suitable for all parents of children under 12.

Learn how to:

## Support your children to:

- Learn healthy eating habits for life
- Reduce their screen time and increase physical activity
- Have a restful sleep routine
- Develop positive relationship

## As a parent, learn how to:

- Take back control from unhealthy environments
- Create a home environment that promotes positive physical and mental health
- Set rules and good habits around screen time
- Develop positive family relationships

If you are interested in attending the course please contact **[INSERT CONTACT]** or complete the form below, cut along the dotted line and return it to: **[INSERT NAME & DETAILS]**

Name:

Contact Details:

Names and ages of all my children:

Person/ Organisation who referred me to this group:

I would like to attend the Parents Plus Health Families Course:    YES / NO    (please circle your choice)

My goals for attending are:

Cut here:

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## Who should attend

Delivered by professionally trained facilitators, the course is free to attend and is open to all parents and carers of babies, toddlers and children under the age of 12.

The course facilitators will meet all parents individually before the group starts.

## Course details

The course runs over eight group sessions **starting on Wednesday the 12<sup>th</sup> of October**