**OVERVIEW**

**Session 1 - What’s a healthy family?**

**Session 2 - A healthy balance**

**Session 3 - Understanding children’s behaviour**

**Session 4 - Being a parent**

**Session 5 - Healthy swaps**

**Session 6 - Family mealtimes**

**Session 7 - Negotiating family agreements**

**Session 8 - Children growing older**

**OUR GROUP GUIDELINES**

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| --- |
| A healthy family |
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| Parent of a healthy family |
|  |

**BOOSTING**

**OUR**

**BATTERIES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Connect** | **Be active** | **Take notice** | **Keep learning** | **Give** |
|  |  |  |  |  |