***Healthy Families Right from the Start***

**Online Programme**

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| SESSION 1 – LET’S GET STARTED | SESSION 2 – BALANCING ACTS |
| Group guidelines  Our family  What’s a healthy person?  Family goals 1  Next steps - stepping stones for change | Stepping stones review  Balancing act 1: What we eat  Looking at food groups  Balancing act 2: Time for ourselves  Next steps - stepping stones for change |
| SESSION 3 – NEEDS AND DEMANDS | SESSION 4 – TUNING IN TO MEALTIMES |
| Stepping stones review  Balancing act 3: Needs and demands  Styles of parenting  Recap of guidance and praise  Family reward systems  Next steps - stepping stones for change | Stepping stones review  Family eating habits  Tuning in to mealtimes  Next steps - stepping stones for change |
| SESSION 5 – TIME TO BE ACTIVE | SESSION 6 – EATING HEALTHILY |
| Stepping stones review: Halfway house Guided choices  Family activity  Next steps - stepping stones for change | Stepping stones review  Let’s eat healthily  First and finger foods, family meals  Snacks and lunchboxes  Let’s think about portions  Let’s look at labels  Next steps - stepping stones for change |
| SESSION 7 – LET’S FOCUS ON FEELINGS | SESSION 8 – THE WAY FORWARD |
| Stepping stones review  Tuning in to feelings  Understanding behaviour, feelings and  needs  Handling our own feelings  Empathy  Next steps - stepping stones for change | Stepping stones review  Let’s go solution-spotting  Family goals 2  Looking ahead |

***Healthy Families Growing Up***

**Online Programme**

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| SESSION 1 – GETTING STARTED | SESSION 2 – WHAT’S A HEALTHY FAMILY? |
| Group guidelines  Our family  What’s a healthy family?  Family reward systems  Next steps - stepping stones for change | Stepping stones review  A parent of a healthy family  Our family goals  Healthy daily family routines  Looking after ourselves  Next steps - stepping stones for change |
| SESSION 3 – A HEALTHY BALANCE | SESSION 4 – UNDERSTANDING CHILDREN’S BEHAVIOUR |
| Stepping stones review  A healthy balance  Children’s self-esteem  Next steps - stepping stones for change | Stepping stones review  Portions and portion sizes  Understanding children’s behaviour  Empathy  Next steps - stepping stones for change |
| SESSION 5 – BEING A PARENT | SESSION 6 – HEALTHY SWAPS |
| Stepping stones review Parenting styles  Asking for what we want  Being active  Strategies for an active family life  Next steps - stepping stones for change | Stepping stones review  Understanding food labels  Healthy drinks  Healthy food and drink swaps  Next steps - stepping stones for change |
| SESSION 7 – FAMILY MEALTIMES | SESSION 8 – NEGOTIATING FAMILY AGREEMENTS |
| Stepping stones review  Family mealtimes  Open questions  Mealtime game  Next steps - stepping stones for change | Stepping stones review  Sleep and screen time  Limits and boundaries  Negotiating skills  Next steps - stepping stones for change |
| SESSION 9 – CHILDREN GROWING OLDER | SESSION 10 – THE WAY FORWARD |
| Stepping stones review  Emotional associations with food  Body image  Supporting our children  Next steps - stepping stones for change | Stepping stones review  Healthy teeth  Celebrating progress  Our family goals  Questionnaires  Review and ending |

***Preparation for Parenthood***

**Online Programme**

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| SESSION 1 – BECOMING A PARENT | SESSION 2 – A HEALTHY PREGANCY |
| Introductions and group guidelines  Hopes and expectations  Confidence scale  Becoming a new family  Boosting our batteries  Our amazing bodies and babies  Review and next steps | Check in  Creating a healthy womb environment  Being active  A healthy balance  Portions and portion sizes  Review and next steps |
| SESSION 3 – BONDING | SESSION 4 – CARING |
| Check in  Nest building  What a baby can and can’t do  What do babies need?  Building the bond  Review and next steps | Check in  Roles and responsibilities  Safety  Bathing  Sleep  Soothing a crying baby  Review and next steps |
| SESSION 5 – GIVING BIRTH | SESSION 6 – LIFE AFTER BIRTH |
| Check in  Let’s focus on feelings  The power of hormones  Birth process  Supporting the birth journey  What to pack  Review and next steps | Check in  Early feeding  Types of support  Where am I now?  Looking forward  Ending |

**BOOSTING OUR BATTERIES**

