***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 1Next 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 reviewBalancing act 3: Needs and demands  Styles of parenting Recap of guidance and praise  Family reward systemsNext 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 choicesFamily activityNext 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 labelsNext 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 familyWhat’s a healthy family? Family reward systemsNext steps - stepping stones for change | Stepping stones review A parent of a healthy familyOur family goalsHealthy daily family routinesLooking after ourselves Next steps - stepping stones for change |
| SESSION 3 – A HEALTHY BALANCE | SESSION 4 – UNDERSTANDING CHILDREN’S BEHAVIOUR |
| Stepping stones reviewA healthy balanceChildren’s self-esteemNext steps - stepping stones for change | Stepping stones review Portions and portion sizesUnderstanding children’s behaviour Empathy Next steps - stepping stones for change |
| SESSION 5 – BEING A PARENT | SESSION 6 – HEALTHY SWAPS |
| Stepping stones review Parenting stylesAsking for what we wantBeing active Strategies for an active family lifeNext steps - stepping stones for change | Stepping stones review Understanding food labelsHealthy drinksHealthy food and drink swapsNext steps - stepping stones for change |
| SESSION 7 – FAMILY MEALTIMES | SESSION 8 – NEGOTIATING FAMILY AGREEMENTS |
| Stepping stones review Family mealtimesOpen questionsMealtime gameNext steps - stepping stones for change | Stepping stones review Sleep and screen timeLimits and boundariesNegotiating skillsNext steps - stepping stones for change |
| SESSION 9 – CHILDREN GROWING OLDER | SESSION 10 – THE WAY FORWARD |
| Stepping stones review Emotional associations with foodBody imageSupporting our childrenNext steps - stepping stones for change | Stepping stones review Healthy teethCelebrating progressOur family goalsQuestionnaires 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 expectationsConfidence scaleBecoming a new familyBoosting our batteriesOur amazing bodies and babiesReview and next steps | Check in Creating a healthy womb environmentBeing activeA healthy balancePortions and portion sizesReview and next steps |
| SESSION 3 – BONDING | SESSION 4 – CARING |
| Check inNest building What a baby can and can’t do What do babies need? Building the bondReview and next steps  | Check in Roles and responsibilitiesSafetyBathingSleepSoothing a crying babyReview and next steps  |
| SESSION 5 – GIVING BIRTH | SESSION 6 – LIFE AFTER BIRTH |
| Check inLet’s focus on feelingsThe power of hormonesBirth processSupporting the birth journeyWhat to packReview and next steps | Check inEarly feedingTypes of supportWhere am I now?Looking forwardEnding |

**BOOSTING OUR BATTERIES**

