



henry

Healthy Start, Brighter Future



# Healthy Families Workshops

**FREE**, supportive, interactive workshops to help you give your child the best start in life, in venues across the Better Start Bradford area of Bowling & Barkerend, Bradford Moor and Little Horton

# The following workshops are all one-off sessions lasting 2 hours:

## Starting Solids



Introducing solids is a whole new chapter for you and your baby. It's recommended that solid foods are introduced from around 6 months old.

If your baby is between 0 to 6 months old this workshop will help you get ready to introduce solids, get them off to a great start, and help them grow up enjoying a wide range of healthy foods.

## Let's Get Active



Come along and discover some fun ways to get your little ones (and you!) up and moving to help support their physical development.

## Fussy Eating



Fed up with stressful mealtimes? Come along and get some new ideas to encourage your little one to try and to enjoy new foods, so you can enjoy eating together as a family.

## Healthy Drinks for Young Children



With all the different messages that we're bombarded with, it's hard to know exactly what kind of drinks are best for young children.

Come along and find out why the drinks we give our children matter and how simple changes can make a big difference to their health now and in the future.

To find out more or to get involved, please contact us:

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