



# An exciting opportunity to come to the Start Well Family Programme starting September at Stocksbridge Family Centre

Let's make a healthy start: come and join us on Thursday afternoons and we will share information, tips, and strategies to support you and your family to think about introducing new foods, portion sizes, develop family routines, boosting your batteries and so much more.



Unsure about portion sizes  
or  
does your child experience food  
fussiness?



No Time for yourself?  
Balancing life isn't  
easy!

The group starts on **Thursday 21st September at 12.30- 2.30** for consecutive weeks. Creche facilities will be provided if needed.

Week 1: Let's Make a Healthy Start

Week 2: Confident Parent Confident Child

Week 3: Food for a Healthy Lifestyle

Week 4: Emotional Wellbeing

Week 5: Looking After Our Bodies/Oral Health

And don't forget you get all these Free resources when attending our 5 week Start Well Family programme.



If you would like more information or are interested in attending, please email:  
[startwell@sheffield.gov.uk](mailto:startwell@sheffield.gov.uk)  
or speak to a member of staff within the family centre.

You can also message us via Facebook and a member of the team will get back to you.

Scan the code to go directly to our Facebook page: Start Well Sheffield

