What are Guided Choices and how can they help develop helpful behaviours?

'Can I have the red pyjamas please?'

You will receive a Start Well Family Programme book along with FREE supporting materials, resources and a certificate that are all yours to keep on completion of the programme.

Scan me to find out more about what Start Well Sheffield offers on our Facebook page

Start Well Sheffield Family Programme

Let's make a healthy start…

Start Well
SHEFFIELD

Sheffield
City Council

Unsure about portion sizes?

Have you seen the Eatwell Guide? Would you like to know how it can help reduce mealtime stress and anxiety?

Would you like to know how using a collective reward system can help with children's feelings and behaviours?

At Start Well we are passionate about helping Sheffield families give their babies and young children the best start in life.

Start Well Sheffield Family Programme has been developed for parents and carers who have children under five. We deliver the programme online and face-to face in venues across the city and its focus is about giving your children the very best start in life and it's FREE!

Parents want the best for their children - but this isn't always an easy job. Having new information helps us if we want to try and do things a bit differently. At Start Well we understand this; we help and support parents to make changes that are appropriate for them and their families.

This is what we will be thinking about each week.

Week 1: Let's Make a Healthy Start

Week 2: Confident Parent - Confident Child

Week 3: Food and Healthier Eating

Week 4: Emotional Wellbeing

Week 5: Looking After Our Bodies/Oral Health

We will be discussing all these topics and thinking more about children's overall development throughout our Start Well Family Programme. The sessions are informative and relaxed, delivered by a small friendly team.

For further information and session dates you can find us on Facebook and Instagram or contact your local Family HUb. You can also email your interest at startwell@sheffield.gov.uk