



This is the first time we are running this session, and it is in response to so many of our parents where meal times can be such a battle ground with their children!

# HEALTHY EATING – HEALTHY LIFESTYLE

(What does this look like for our children at Northway?)

Friday, 24<sup>th</sup> May at 10am-12 noon

Offering your child a balanced diet and getting them to eat it – what does success look like? How to make meal times a positive experience.

We recognise that getting your child to eat healthily and the right amount of food can be difficult.

Your opportunity to look at different, positive strategies and share practical tips. To hear what works/doesn't work for you and others. An interactive session, dealing with problems and hopefully getting some solutions that you can use at home.

What does good nutrition look like and what are the right portion/plate sizes for our children.

**To book a place, please let the office know as numbers will be restricted. Warm welcome and refreshments available. Look forward to seeing you then!**

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