

For Families

Free Smiling Minds resource in supporting your own mental health

As we move through this global health crisis together, many of us have been actively engaged in supporting the wellbeing of children and young people.

Parenting and teaching are all about assisting others. It is critically important that we create regular opportunities for self-care so that we can continue to support others and look after our own wellbeing at the same time.

On the Smiling Mind App you will find a wide range of mindfulness meditations and activities for adults which we encourage you to explore and try out for yourself.

<https://www.smilingmind.com.au/>



Bitesize Sessions

Join us for our 1-hour parent/carer workshops

SLEEP & SCREENS

Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

FUSSY EATING & SNACKING

Is your child a fussy eater? It's easier said than done to get children to try new foods. In this session we will share tips and techniques to encourage your child to eat more variety. We will also talk through the steps to food acceptance. We'll share healthy snack ideas as we look at alternatives to sugary snack favourites.

MENTAL HEALTH & EMOTIONAL WELLBEING

Everyone has mental health and looking after your child's mental health has never been so important. This workshop is based on the 5 ways to wellbeing and will give you tips and advice for supporting your child's mental health. We'll share resources and techniques to promote positive mental health and build resilience.

<https://www3.halton.gov.uk/Documents/public%20health/hit/fit4life/F4LParentBitesize.pdf>

Fussy Eating and Snacking	Wednesday 17 th November Tuesday 14 th December	1pm 6pm
Sleep and Screens	Wednesday 8 th December	6pm
Mental Health & Emotional Wellbeing	Monday 18 th November Wednesday 1 st December	6pm 10am

HALTON HEALTH IMPROVEMENT
Fit 4 Life
Bite Size Sessions **START WELL**

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These workshops are for parents and carers, and will be delivered via Microsoft Teams.

Sleep & Screens	Fussy Eating & Snacking	Mental Health & Emotional Wellbeing
Wed 22 nd September 10am	Wed 22 nd September 10am	Tue 24 th September 10am
Mon 18 th October 10am	Thu 21 st October 10am	Tue 24 th October 10am
Thu 12 th November 10am	Wed 17 th November 10am	Mon 18 th November 10am
Wed 01 st December 10am	Tue 14 th December 10am	Wed 17 th December 10am

To book your place, email HIT@halton.gov.uk

For more information call the team on: 0300 029 0029
or visit www.haltonhealthimprovement.co.uk
@HaltonHEC Halton HIC

To book a place on online sessions email HIT@halton.gov.uk