



HEART - Healthy Lifestyles

Healthy Eating, Activity & Resources for Toddlers

This 1½hr workshop is available for parents and carers of children aged 2 years and 3 years.

The one-off interactive session aims to work with you to gain an understanding of portion sizes, and also the confidence to start cooking from scratch and making meal times a real family activity.

The session will highlight food types with hidden sugar and the importance of your child being active. There will be an opportunity to have group discussions. These conversations could explore new ideas for mealtimes and share creative lunchbox ideas.

Babies and young children need plenty of chances to explore the world around them in an active way. This session will provide examples of everyday activities that will be fun for you and your child.

The session will cover:

- Family meal time and making these a fun shared activity
- Nutrition, including healthy lunch box
- Portion size
- Being active as a family, getting the whole family up and working together
- Giving you some resources and ideas try at home

To book your free space please visit:

<https://www.eventbrite.co.uk/o/hampshire-healthy-families-hhfbarnardosorguk-18591502869>