

Healthier Futures at Live Life Better Derbyshire are running free programmes for parents and carers of children and young people aged between 0 – 17

Fancy an 8-week programme? Meet other parents and carers in a fun weekly online group and learn how to make lasting healthy changes together:

If you have a child aged 0 – 5 years old

Some topics covered are: Creating happier and healthier mealtimes and introducing ideas for active play

If you have a child aged 5 - 12 years old

Some topics covered are: Food portions, being active as a family, healthy swaps and family mealtimes. This programme helps to build healthier habits as a family

Fancy something more bite size? – If you have children aged 0 – 17* years old you may choose to join 1 or more sessions from the list below:

Fussy Eaters: A session for parents who want to help their child to eat a more varied diet. This session includes calm and relaxed mealtimes and learning about fullness cues

Savvy Shopping and Meal Planning: Learn and share ideas about cost effective and healthier ways to shop and plan healthier meals

Portion Sizes, Healthy Food, and Hydration: Learn about portion sizes for your child or young person, and explore healthier food options for your family

Healthier Cooking, Food Swaps, and Healthier Snacking: Explore healthier ways to prepare meals and snacks without compromising on taste

Talking about body image and weight with your child: How to boost your child's body image and self-confidence, how to navigate conversations about weight, where to get more help and support

*Young people aged 13 – 17 can attend with a parent or carer online

[Sign up to take part in the programme here](#)

or scan the QR code

[Healthier futures - Live Life Better Derbyshire](#)

Telephone 0800 085 2299 (option 2)

