

# Parent Workshop

Helping  
your child  
be their best

Join Us



## Workshop details

A FREE one hour wellbeing workshop for parents and carers on how to help your child be healthy and happy.

Those who attend will learn more about:

- Which foods will help your child's development
- Why a water bottle at school helps children learn
- The importance of sleep and its link to health
- Tips for ensuring sensible screen use
- Role of physical activity and its link to the Tree of Wellbeing

## Dates & time

