



# A Happy, Healthy Start

Healthy Eating and Positive Behaviour  
workshop for parents and carers.

Join our fun and friendly workshop to share ideas and find out facts about:

- Helping your child to eat healthily
- Myths and misunderstandings about healthy food and eating a balanced diet
- Encouraging positive behaviour – at mealtimes and beyond



What other parents attending this workshop said....

*“I wish I’d had this information years ago, when my children were younger.”*

*“It’s good to know that I’m not the only one who finds things difficult at times.”*

*“I’ve learnt that I need to reward my children for being good, which we very often forget to do.”*

*“I learnt to be consistent a not give too many choices.”*

**Coram Life Education is the UK’s leading drug and health education programme in schools.**

Every year we reach almost 1 million children aged three to 16. By teaching them about diet, exercise and how to manage risks as they grow up, we help them make healthier choices and take responsibility for their own lives.

We make learning fun and memorable, capturing children’s imaginations through fun, age-specific activities.

Using stimulating and interactive techniques, such as puppetry and role play, we develop children’s knowledge, attitudes and skills in relation to issues they may face, including:

- Healthy eating,
- Drugs and alcohol,
- Forming positive friendships,
- Developing a sense of self-worth.

