



# 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.

