

Start Well Sheffield Family Programme

If you have children under 5 this programme could be for you!



Would you like to feel more confident as a parent?

Would you like some support to give your child a healthy start?

Would you like to reduce meal time stress?

Would you like to enjoy being active together as a family more often?

Are you interested in some ideas to get children away from the TV?

Start Well Sheffield Family Programme runs over 5 weeks for 2.5 hours each week with crèche provided. The sessions are fun and informal, we are friendly and we won't judge you!

For more details pick up a brochure, or if you want to book a place speak to your Family Centre or Early Years Practitioner. You can book directly with us too at startwell@sheffield.gov.uk or call us on 0114 273 5596. *Let's make a healthy start ...*

