Attention Parents

Do you want to help your family to be healthy and happy?

Join our **Parents Plus 'Healthy Families Programme'** and meet other parents in a supportive group to make this a reality.

Support your children to:

➜ Learn healthy eating habits for life
➜ Reduce their screen time and increase physical activity
➜ Have a restful sleep routine
➜ Develop positive relationships

As a parent, learn how to:

➜ Take back control from unhealthy environments
➜ Create a home environment that promotes positive physical and mental health
➜ Set rules and good habits around screen time
➜ Develop positive family relationships

1. Specs in Bray Co Wicklow on Wednesday mornings starting 23rd October
2. Dun Laoghaire, Co Dublin on Friday mornings starting the 8th November
3. Dublin city centre, on Wednesday Evenings starting the 13th November

For more information or to reserve your place, please contact:

niamh@parentsplus.ie or call (01) 854 5185

ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie