Attention Parents Would you

Would you like help with any of the following?

- →Healthy mealtimes
- →Fussy eaters
- →Too much screen time
- →Children's self esteem and emotional well being
- →Bedtime routines
- →Being more active as a family

If so join Parents Plus Healthy Families Programme free on line:

2 courses upcoming via Zoom- Thursday evenings (7pm to 9pm) from **15th October** to **10th December** or **Monday mornings** (10am to 12pm) from **12th October** to **7th December**.

For more information or to reserve your place, please contact by 21st September: **Adele Keating** - <u>adele@parentsplus.ie</u> Please include your name, ages of your children and your goals for attending the course.



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