

Healthier Futures Programme

Welcome to our free healthy families programme that offers a range of support for parents and carers.



To find out more
scan the QR code.

Call: 0800 085 2299.
(option 2)

Visit:
www.livelifebetterderbyshire.org.uk/healthierfutures



Our Healthier Futures programme offers one-to-one telephone or online support from our trained advisors.

Plus there are a range of sessions you might like to try.

Fancy an 8-week programme? Meet other parents and carers in a fun weekly online group and learn how to make lasting healthy changes together:

If you have a child aged 0 - five years old

Some topics covered are: Creating happier and healthier mealtimes and introducing ideas for active play.

If you have a child aged five - 12 years old

Some topics covered are: Food portions, being active as a family, healthy swaps and family mealtimes. This programme helps to build healthier habits as a family



Fancy something more bite size? – You may choose to join one or more sessions from the list below:

Fussy Eaters: A session for parents who want to help their child to eat a more varied diet. This session includes calm and relaxed mealtimes and learning about fullness cues

Savvy Shopping and Meal Planning: Learn and share ideas about cost effective and healthier ways to shop and plan healthier meals

Portion Sizes, Healthy Food, and Hydration: Learn about portion sizes for your child or young person, and explore healthier food options for your family

Healthier Cooking, Food Swaps, and Healthier Snacking: Explore healthier ways to prepare meals and snacks without compromising on taste

Conversations About Body Image and Weight With Your Child or Young Person: How to boost your child's body image and self-confidence, how to navigate conversations about weight, where to get more help and support

[Sign up to take part in the programme here](#) or scan the QR code
Or call: 0800 085 2299 (option 2)

