

Healthy Living QUICK-SKILL

Support your Child to Snack Healthily

Helping your child to eat healthy snacks can be a challenge, so this course will offer you the chance to explore some ideas and activities that may help. It can be very easy to reach for biscuits and crisps, so on this course, you will have the chance to discuss and try out some healthy swaps with ideas for how to get the children involved in inventing their own. This course is suitable for parents/grandparents and carers of children in Nursery aged 3 +, Reception and KS1 and KS2.



Starts Thursday 4th Feb for 5 Weeks

6:00 – 7:30pm

This is an Online course – you will need to be able to access ZOOM on your phone, tablet, laptop or PC. Introductory session will be in place to help you get set up for the course.

For further details and to book your place please visit our website:

For further information on Family Learning and Community Learning and Skills please contact Sam MacLean on 07771555814 or 01228 227304 alternatively email enquiries to Samantha.MacLean@cumbria.gov.uk

www.cumbria.gov.uk/learningandskills

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