Subject: Invite to Healthy Steps Digital Sessions

Dear Parent/Carer,

We're delighted to invite you to join our **FREE** Healthy Steps online sessions, designed to support families with children aged 2–12 years to build healthy habits around food, activity, sleep, and wellbeing.

Whether you're navigating tricky bedtimes, fussy eating, toothbrushing battles, or simply looking for ideas to support your family's wellbeing, we're here to help.

Tuesday Mornings
Starts: Tuesday 15th September
🕘 **Time:** 9:30 AM
📚 **Duration:** 5 online sessions
🎟️ **Book now on Eventbrite:**
https://www.eventbrite.co.uk/e/2000012559404?aff=oddtdtcreator

Monday Afternoons
Starts: Monday 21st September
🕘 **Time:** 1:15 PM
📚 **Duration:** 5 online sessions
🎟️ **Book for free:** https://www.eventbrite.co.uk/e/2000013515263?aff=oddtdtcreator

💬 **What Parents Have Said About Healthy Steps**
"I went specifically to get some ideas to help with sleep, but it was so good to have little manageable weekly steps to take on everything else. Everything feels so much more positive and manageable now."

"Fantastic sessions for all parents – even those who don't feel they need support. There is always something useful to take away from each session. It's also a great opportunity to speak with other parents and get reassurance that you're actually doing a good job!"

"We came away with so many new ideas and approaches that have already had a noticeable positive impact on my family."

Our sessions are friendly, supportive, and completely judgement-free. You'll have the opportunity to learn practical tips, share experiences with other parents, and take small, achievable steps towards a healthier family lifestyle.

We hope you'll join us this autumn!

If you have any questions, please get in touch with the Healthy Steps team at healthysteps@barnardos.org.uk

Hampshire Healthy Steps
Supporting Your Family's Health & Wellbeing
BARNARDO'S | Funded by Hampshire County Council