

CYP Brief Lifestyle Intervention for Practitioners

This course is suitable for anyone working with children and families. It aims to equip learners with knowledge and resources to encourage behaviour change using brief intervention.

The training consists of 2 modules, which can be booked as stand-alone modules:

Session 1 - Introduction to Healthy Eating

Session 2 - Sleep, Screens & Physical Activity

The training supports the school curriculum under Health & Wellbeing, and can be used outside of the school setting for supporting children and families to make healthy lifestyle choices.

The course includes:

- Motivational interviewing, cycle of change and how to promote behaviour change
- The guidelines for healthy eating (sugars, portions, food labels), physical activity and sleep
- Tips to improve sleep, manage screen time and encourage fussy eaters
- Activities and resources to use with children and families

Upcoming sessions:

Session 1: Introduction to Healthy Eating

Mon 1 Feb 2021	3.30 - 5.00
Wed 21 Apr 2021	10.00 - 11.30
Thur 24 June 2021	10.00 - 11.30

Session 2: Sleep, Screens & Physical Activity

Mon 8 Feb 2021	3.30 - 5.00
Wed 28 Apr 2021	10.00 - 11.30
Thur 1 July 2021	10.00 - 11.30



To book your place email HIT@halton.gov.uk

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



@HaltonBC



Halton BC