

# Botley Bridges

## Health, Exercise and Nutrition for the really young (0-6years)

*"supporting families to provide the  
best possible start for  
babies and young children"*



**Tuesday 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> & 31<sup>st</sup> March 2020  
7.30-9.30pm**

At Botley Bridges, Elms Road, Botley, Oxon, OX2 9JZ

**\*£20 per person** (\*concessions available)  
includes supporting handbook

### Workshop One

What is a healthy start for children & families?  
Looking at diet and wellbeing habits

### Workshop Three

Activities for health  
Introducing solids  
Reluctant eaters & portion size

### Workshop Two

Parenting styles and developing  
Emotional resilience in children  
Meal times & healthy eating

### Workshop Four

Tuning into Children's feelings  
and behaviour

To book a space or for more information, email [coordinator@botleybridges.org](mailto:coordinator@botleybridges.org)