

## Lets be Happy and Healthy!

This is a **free** Family Learning taster session  
Working in partnership with Early Years Alliance

Not heard about our team  
before?

Need some tips to help  
support you with your  
family's wellbeing and  
health?

Run out of ideas for  
getting your children to  
eat healthily or brush their  
teeth?



Come and find out about how  
Family Learning can support you!

These are **free** Family Learning taster sessions available to all  
mums, dads, grandparents and carers of children aged 0-7.  
We will show you activities which you can do later with your child.

Contact your local Children's centre to find out how to  
register for the our taster session

This will take place via 

Or email [beststart@eyalliance.org.uk](mailto:beststart@eyalliance.org.uk) if you would like more information