

## 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

Weds 22 <sup>nd</sup> Sep 2021	3.30pm – 5pm
Tues 30 <sup>th</sup> Nov 2021	10am – 11.30am
Thurs 10 <sup>th</sup> Feb 2022	1pm – 2.30pm

#### Session 2: Sleep, Screens & Physical Activity

Weds 29 <sup>th</sup> Sep 2021	3.30pm – 5pm
Tues 7 <sup>th</sup> Dec 2021	10am – 11.30am
Thurs 17 <sup>th</sup> Feb 2022	1pm – 2.30pm



To book your place email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

For more information call the team on:

**0300 029 0029**

or visit [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)



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