



Attention Parents

Would you like help with any of the following?

- Healthy mealtimes
- Fussy eaters
- Too much screen time
- Children's self esteem and emotional well being
- Bedtime routines
- Being more active as a family

If so join Parents Plus Healthy Families Programme free on line:

2 courses upcoming via Zoom- Thursday evenings (7pm to 9pm) from 15th October to 10th December or Monday mornings (10am to 12pm) from 12th October to 7th December.

For more information or to reserve your place, please contact by 21st September:

Adele Keating - adele@parentsplus.ie Please include your name, ages of your children and your goals for attending the course.