**Liverpool Children Centre’s

Healthy Lifestyle Programme



**Do you have any worries about your Child’s eating habits, their diet or feeding?**

Tracey our Healthy Weight Practitioner will be available at Stoney croft Children Centre on the 27th March

Between 10.00– 12.00pm

She can offer information and advice on:

* Fussy eating at mealtimes
* Restricted diet and only eating certain foods
* Making mealtimes enjoyable, removing the stress
* Children or Parents with anxieties around food
* How much food, portion sizes?
* Nutrition and the balance of food groups to provide to grow, develop and stay healthy
* How much physical activity does your child require?

Drop in or please call 0151 233 4770 to book an appointment.