

A great start in life Do you have a child under 5?



Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

"I will be recommending this course to everyone. Thank you for this life changing opportunity."

Free Healthy Families Right from the Start programmes

Programme 1: Day/time: Tuesday, 09.45 - 11.45

Start date: 20 January 2026, End date: 24 March 2026

Length: 9 sessions, Venue: Lye Family Hub, Lye By-pass, DY9 8HT

Programme 2: Day/time: Thursday, 09.45 - 11.45

Start date: 22 January 2026, End date: 26 March 2026

Length: 9 sessions, Venue: Stourbridge Family Hub, Forge Road, DY8 1XF

Visit

www.dudleyparents.co.uk

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