



Healthy Hearts and Smiles

Are you a parent, carer or grandparent of a child aged 18-months to five years?

Do you want to support your children to live their life to the full?

Come along and have fun doing activities that help children develop healthy habits for a lifetime, such as;

Advice around caring for our teeth

Snack making

Movement


Mindful screen time

Sleep times, and more!

A free recipe box will be given on week 4!

**Every Tuesday afternoon, 1pm to 2.30pm,
Starting 23 January - 27 February 2024**

**Little Hulton Family
Centre
Longshaw Drive
Little Hulton
Salford
M28 0BD**

Find out more
on **0800 952 1000** (option 2):
health.improvement@salford.gov.uk
 **@SalfordHealthImprovement**



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