

Free Courses & Workshops for Parents



**Five to Thrive
New Baby
6 weeks—6 months**



**Family Food,
Fun & Fitness
1-5 years**



**Introduction
to Solids
Around 6 months**



**Toddler Talk
2-3 years**



**Baby Talk
9-24 months**



**School Readiness
3 years +**



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www.hampshirehealthyfamilies.org.uk
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Scan here for more information
and booking details

