



## Free Sessions for Parents with under 5's

### **Five to Thrive New Baby** 4-week Course

**Suitability: 6 weeks – 6 months**

### **Introduction to Solids** 45-minute Session

**Suitability: Around 6 months**

### **Family Food, Fun & Fitness** 1 ½ hour Session

**Suitability: 1 Year+**

### **Baby Talk** 1 ½ hour Session

**Suitability: 9-24 months**

### **Toddler Talk** 1 ½ hour Session

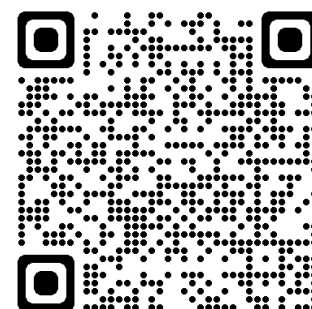
**Suitability: 2-3 Years**

### **Ready Steady School** 1 ½ hour Session / 4-Week Course

**Suitability: 3 Years+**

For more information or booking details, visit our  
website (scan the QR code opposite) or email us  
at [hfh@barnardos.org.uk](mailto:hfh@barnardos.org.uk)

[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)



Hampshire Healthy Families



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**Hampshire  
Healthy  
Families**

*Today's Health, Tomorrow's Future*



**NHS**  
Southern Health  
NHS Foundation Trust

Delivered in partnership by Barnardo's and  
Southern Health NHS Foundation Trust

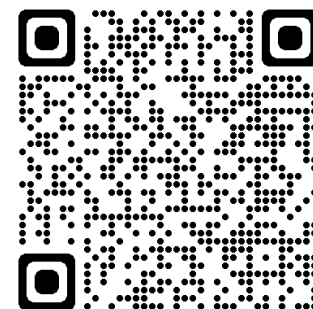


Hampshire Healthy Families Ready Steady Walks are free, push-chair friendly, social walking groups for families with young children living in Hampshire.

**Ready Steady Walk meets once a week at the same venue in your area, on the same day and time.**

Fancy a stroll? Find out about your nearest walks using the QR code opposite or visit our website for more information.

**[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)**



**Hampshire Healthy Families**



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