

# Come along to the Virtual Groups. We would love to see you!

## Lancashire Healthy Young People and Families 0-19 Service

**Our virtual groups** offer a fantastic way to come together on a video call with other parents and carers who are having similar experiences. These virtual sessions provide an opportunity to gain information and support from our friendly team of health professionals.

### Live and pre-recorded sessions are available.

**All live sessions** - take place on Microsoft teams which is widely available on desktops, laptops, ipads and mobile phones. Microsoft teams is very user friendly, which means if you're camera shy or totally ready to get involved, Microsoft teams enables you to participate at your own pace.

**Pre-recorded sessions**- Allow you to take part at a time that is convenient to you. The session links are available via our website.

**If you find that you can't attend**, it's not a problem. Please get in touch either by phone or via email, and we can allocate your place to another parent.

**Alternatively, if you have any further questions** or would like to book your place on one of our groups, please contact a member of the Lancashire Healthy Young People and Families Service on **0300 247 0040**.

**We would love to hear from you.**

**We are always adding new groups**, please follow our face book page to keep updated **[www.facebook.com/lancashirehealthyyoungpeopleandfamilies](https://www.facebook.com/lancashirehealthyyoungpeopleandfamilies)**  
**For more information** and the links to our recorded sessions please visit our website.- **[lancsyoungpeoplefamilyservice.co.uk](http://lancsyoungpeoplefamilyservice.co.uk)**.



**[www.lancsyoungpeoplefamilyservice.co.uk](http://www.lancsyoungpeoplefamilyservice.co.uk)**

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# Sessions Available

## Lancashire Healthy Young People and Families 0-19 Service

### Preschool

Group	Overview
Talk to me <b>0-6 mths</b>	Speech and language support.
Chat, read, play <b>6-18mths</b>	Speech and language support.
Understanding babies	Colic and reflux symptoms and what you can do to help.
Moving onto solids	Introduction to solid foods.
Baby and Me	Information on communicating with our babies and how we can look after our mental health.
Antenatal Infant Feeding Session	Information and top tips for expectant parents on feeding their new baby.
1 year and beyond	The importance of the power of play, and the role it has in learning and development .
2 year and beyond	Discussion around routines, diet, sleep & behaviour. Plus promotion of self – esteem and independence in children.
Bump, Birth and Beyond	Antenatal Health Visitor education session.

### School age

Night time wetting	Support for night time wetting.
Healthy lifestyle- Healthy weight	Healthy eating and nutrition advice.
Supporting your child with behaviour and sleep	Sleep and behaviour support.
School Readiness (April)	Aimed at preparing you and your child for their first day at school.