

# **HEALTH PROMOTIONAL SESSIONS**

## Lead by Newham Health Visitors

Come and join a Health Visiting Health Care Practitioner for one of our virtual advisory sessions running every 3rd Thursday of the month at Rebecca Cheetham Nursery and Children Centre.

#### **Toilet Training**

Find out how to support your child to transition from nappies to the toilet.

Thursday 18<sup>th</sup> January 2024 at 1:30PM – 2PM

### Healthy lifestyles and weaning

Find how to support your child's dietary needs

Thursday 15<sup>th</sup> February 2024 at 1:30PM – 2PM

#### **Accident Prevention**

Find out what to do to keep your home and child safe

Thursday 21<sup>st</sup> March 2024 1:30PM – 2PM

To register your interest and secure a space or to find out more information please contact us on **0208 534 3136 ex.4**.

