

Having fun moving and playing with your child will give them a great start in life and help them get ready for school



Come along, try some new activities, get your body moving and most importantly have fun!

This FREE Healthy Movers session is dedicated for parent carers and their children aged 2-5 years:

At:

On:

Time:



For further information and to register your interest email health.coaches@wiltshire.gov.uk

Why is this important?

- Lets them find out about all the different things they can do with their body.
- Keeps them healthy - makes them smile.
- Helps them feel good about themselves.
- Helps muscles, bones and brains grow.
- Helps them to play with others.

Why now?

- Children don't play as much as we did.
- Children spend more time sitting still, watching the TV or playing on I pads.
- Moving around helps the brain grow.

Funding has been secured from Wiltshire Council Public Health Team for this Healthy Movers project in 2023-24. Early years settings across Wiltshire, as well as community and voluntary groups aimed at early years will be supported within this project.

Wiltshire Council