



School Health Nurses Free webinars for parents and carers

Practical and informative online sessions from your expert team of local School Health Nurses.

Our webinars lasts between 30 and 45 minutes, with the opportunity to ask questions throughout. They're suitable for parents and carers of children and young people of all ages.



Topics include:

- Keeping your child happy and healthy
- Healthy eating and physical activity
- Supporting your child's emotional wellbeing
- Eating disorder awareness
- Dental health
- Sleep

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