

Skills practice 2: programme topics

<p>Session 1</p> <p>OUR FAMILY <i>Exploration: a great start</i></p> <p>Session 2</p> <p>BALANCING ACT 1: What we eat <i>Setting the scene, start Exploration</i></p> <p>BALANCING ACT 2: Time for ourselves <i>Setting the scene, start Exploration</i></p> <p>Session 3</p> <p>BALANCING ACT 3: Needs and demands <i>Setting the scene, start Exploration</i></p> <p>GUIDANCE AND PRAISE <i>Follow session notes</i></p> <p>FAMILY REWARD SYSTEMS <i>Follow session notes</i></p> <p>Session 4</p> <p>HEALTHY EATING HABITS <i>Setting the scene, start Exploration</i></p>	<p>Session 5</p> <p>GIVING CHILDREN CHOICES <i>Exploration</i></p> <p>TIME TO BE ACTIVE <i>Setting the scene, start Exploration</i></p> <p>Session 6</p> <p>LET'S EAT HEALTHILY <i>Exploration</i></p> <p>PORTIONS AND PORTION SIZES <i>Follow session notes</i></p> <p>Session 7</p> <p>STEPPING STONES REVIEW <i>Follow session notes</i></p> <p>LET'S FOCUS ON FEELINGS <i>Exploration: Behaviour, feelings and needs</i></p> <p>Session 8</p> <p>LET'S GO SOLUTION SPOTTING <i>Exploration</i></p>
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<p><i>My skills practice session is:</i></p>	<p><i>My co-facilitator's practice session is:</i></p>
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