

**Hampshire  
Healthy  
Families**



*Today's Health, Tomorrow's Future*

**Believe in  
children**  
 **Barnardo's**

**NHS**  
**Southern Health**  
NHS Foundation Trust

Delivered in partnership by Barnardo's and  
NHS Southern Health Foundation Trust.

## **Free School Readiness Workshops and Courses** Spring / Summer 2023



### **Is your child due to start school in September 2023 or 2024?**

You may find our Workshops and Courses for parents and carers useful. We cover...

**The physical and emotional needs of your child**

**Supporting your child in their learning journey / Adjusting to new routines**

**The resources that are available to you**

**What to look for when visiting schools\* / Developing an effective partnership with the school**

\*Included in the 4-week Course, which also expands on what is covered in the single 1 ½ hour Workshop.

To find School Readiness Workshops and Courses near you, scan the QR code opposite, or visit our website below.



**[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)**