



Preventative, early childhood program that addresses attitudes and behaviours which may lead to eating disorders later in life.



- ♥ Six weekly 1 ½ hour sessions
- ♥ For families with children under 6 years old
- ♥ Parents (caregivers) and children attend together



Weekly Themes

- ♥ Being You, Being Me
- ♥ Healthy Relationships
 - ♥ Joyful Eating
- ♥ Creative Movement
- ♥ Being Confident
- ♥ Celebration



Each session includes

- ♥ Songs
- ♥ Stories/Book
- ♥ Activities
- ♥ Info for parents
- ♥ Snack



- ♥ Delivered by local agencies already active in the community (FRP-BC members)
- ♥ We provide facilitator training and program materials as well as ongoing consultation and support (including \$\$)
- ♥ Sites and participants provide feedback and evaluations

