

HEALTHY EATING FOR UNDER 5S

Subject Area

Student Type

Study Mode

Health, Social Care &
Life Sciences

Adults

Part Time

What is the course about?

This course supports parents and carers in helping their child develop positive, healthy eating habits from an early age. Designed for parents and carers with children under 5, it forms part of a series of supportive sessions that offer practical guidance to encourage healthy choices and routines at home.

Taught at Winsford Adult College, this course forms part of a wider under 5s parent programme, delivered in a supportive and non-judgemental environment to help build confidence and strengthen parenting skills.

Why should I choose the course?

This course is ideal for parents and carers who want to feel confident supporting their child's healthy eating habits from an early age.

Through practical, easy-to-apply ideas, you'll gain the skills and confidence to encourage positive food choices and routines at home, helping support your child's overall growth and wellbeing during their crucial early years.

What will I learn?

On this supportive course, you will learn:

- What a balanced diet looks like for under 5s
- Healthy routines and ideal portion sizes
- Practical ways to manage and respond to fussy eating

Sessions are delivered in a relaxed, supportive environment.

Why should I choose to study the course at Warrington & Vale Royal College?

Warrington & Vale Royal College offers a welcoming and supportive learning environment for parents and carers. The course is delivered by experienced early years professionals who understand children's development and the real life challenges families face.

With a strong focus on practical, easy to apply ideas, you'll gain confidence knowing you can use what you learn straight away at home to support your child's eating behaviours.



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

What are the entry requirements?

There are no formal entry requirements for this course. If you are a parent or carer of a child under 5, this course is suitable for you. Please contact our friendly Learner Services Team on 01925 494 400 or learner.services@wvr.ac.uk for more information.



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