Fun with Food Group

FREE Training Pt 2



What is it?

This **FREE** training is designed to upskill staff, giving them the knowledge and confidence to implement Fun with Food intervention groups within settings to support children with building a positive relationship with food. You will need to complete 'Fun with Food Training Pt 1' as part of this training. You will work with a Senior Therapy Assistant (STA) in your setting to set up the group. You will also receive a **FREE** resource pack to support implementation for both staff and families.

What will It Involve?

- Introduction to the 'Fun with Food' group and planning session **(Face to face – 60 minutes)**
- **Weeks 1- 3 (60 minutes):** STA to support with carrying out a 'Fun with Food' group in the Early Years environment
- **Week 4 (60 minutes):** Parents/carers are encouraged to attend this session, with STA support

We look forward to supporting you with running your groups in your settings/ reception classes.

The group is open to up to 3 members of staff per early years setting/school.

Please note: we require at least one member of staff to attend both pt 1 and pt 2 of the training, and be the person who will run the groups moving forwards.



Birmingham Community Healthcare NHS Foundation Trust

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