



Eastern Birmingham **NHS**
Primary Care Trust

Developing healthy parenting skills

Swimming sessions organised for local families at Cascades Leisure Centre by our Stechford Health Visiting Team are one of a number of initiatives designed to facilitate parenting skills and give young children the healthiest possible start in life.

The Blakesley Hall Family Group meet regularly to discuss health issues relevant to young families. As well as trips to the local swimming baths, the group has been accompanied by a dietitian to a supermarket to find out about the 'healthy choices' on the shelves.