

Are you a parent who wants to feel more confident talking to your child about health, food, and weight in a kind and supportive way?

Join us for a **Free Online Workshop especially for parents and carers in Hillingdon**. This session will help you explore how to have compassionate, practical conversations about health and weight with your child without shame, pressure, or confusion.

Date: Wednesday 19th November 2025

Time: Either 10am – 11am **OR** 7pm – 8pm

Location: Online via Zoom

Cost: Free

What you will gain:

- Tools to talk about health and weight with kindness and confidence
- Strategies to support your child's wellbeing without focusing on appearance
- Tips for using positive language and role modelling healthy habits
- Guidance on how to respond when your child brings up weight or body image
- Ideas for making small, sustainable changes as a family
- Support with referrals into local programmes

This session is designed to support you, not judge you. We understand how emotional and complex these conversations can be – and we're here to help you feel equipped and empowered.

Reserve your spot now:

10am [Free Healthy Weight Masterclass - Hillingdon - Beezee by Maximus](#)

7pm [Free Healthy Weight Masterclass - Hillingdon - Beezee by Maximus](#)

Kind regards

South East Hillingdon School Nursing Team