

Childrens Nutrition Seminar Programme



Helpful
Advice on What to
Feed Your Children



Childrens Nutrition Seminars

Part of your parenting strategy!

Regardless of how many text books we read, nothing can really prepare us for being a parent. And knowing what's best to feed our child can be particularly challenging.

Children grow rapidly and are highly active, especially between the ages of 5 and 12. This means that they need a diet packed with nutrients and energy to sustain them throughout their busy day.

This can be easier said than done, as despite your best efforts, your child will develop their own food preferences and habits.

Poor diet in children can lead to behaviour problems, disrupted sleep, weight gain or loss, and digestive problems, whereas good nutrition can help prevent illness and can alleviate conditions such as eczema and asthma.

To help your employees make the right food choices for their children we are delighted to offer a programme of 8 seminars covering key topics of childrens nutrition. Each seminar covers the essential facts around the topic and gives helpful and realistic tips and advice on what to feed your child.

The seminars take one hour including a 45 minute interactive presentation and 15 minutes of questions and answers.

Our Fees

The fee for the seminar programme is £2000. We don't charge travel expenses for locations within the M25, and are happy to provide you with a quotation for travel to locations in other parts of the UK.

Should you choose to take just one of the seminars the fee is £300.

The Seminars

The following topics are included in the programme. If you would like us to develop a bespoke seminar just for you please give us a call.

What should I be feeding my child?: An introduction to Children's Nutrition

Tantrums, mood swings and beyond: Improving children's behaviour and concentration through diet

Stop scratching! How diet can support a child with eczema

Persistent coughs and colds? How to boost your child's immune system

Overweight? Underweight? How to get the balance right through diet

Tummy troubles? Supporting healthy digestion in your child

Challenged by a Fussy Eater? Practical approaches to encouraging a healthy diet

The problem with sugar and how to cut down on it

Taster Tables

Want to make your seminar even more exciting and interactive? Add a tasting table. Here we lay out a selection of healthy snacks and lunchbox ideas that children will love and that will sustain their energy and provide the nutrients they need.

We are on-hand to offer advice and answer queries. Fee: £300.



About Us

Vital Health Nutrition is owned and run by Registered Nutritional Therapists Emily Fawell and Lisa Patient. Both Emily and Lisa had successful careers in business for many years before re-training as nutritional therapists.

We are both passionate about nutrition and are never happier than when presenting or helping people make positive changes to their diet.

We also have a network of partner Nutritional Therapists around the country that have been carefully selected both for their nutritional knowledge and also their ability to deliver fun and engaging seminars and events.



Testimonials

Here is what our clients say about our seminars:

"It was great, everyone enjoyed it and found it very helpful and informative" Karen Walker, Avox

"Excellent session which I really enjoyed. It was delivered by a fantastic speaker who made everything really easy to understand. I will be able to make some small but hopefully very effective changes as a result, thank-you!" Slater Gordon

"I have been following the tips and was able to follow a healthy diet since Lisa and Emily had a visit. It was very informative session and the emails are very useful. Can't thank enough for this support." Jhoti, Utility Warehouse

For more information on the Vital Health Nutrition Seminar Programme or for a quotation for your bespoke event, please call Emily on 07967639347 or email info@vitalhealthnutrition.co.uk