



Parent Workshops

Move-iq parent workshops are designed to inspire and empower parents to get their family moving. The workshops raise parental awareness of the benefits and importance of being active to their child's development and health. The workshops focus on practical ways parents can support their child with activities appropriate to their age and stage of development. All workshop duration times are approximate and do not include breaks.

The prices shown are approximate and include training for up to 15 parents including all resources. Prices do not include venue, refreshments or travel costs for the course tutor. For further information or a full quote, please contact us by e mailing us at info@move-iq.co.uk or using the contact us form on our website www.move-iq.co.uk

We are currently offering the following standard parent workshops:

Let's Get Them Moving! for Under 2's

Price from £260

This workshop raises awareness of physical activity and it's importance to a baby's development in the first 2 years of life. The course focuses on practical ideas and activities parents can use at home to support their baby's physical development.

The workshop includes:

- The benefits of physical activity for babies and young children
- Recommended physical activity levels for babies and young children
- Physical development- what to expect and how to support it
- Activities ideas and sources to use at home at each stage of development

Duration: 1.5 hours



Let's Get Them Moving!

Price from £260

This workshop is offered for parents with a focus on either children aged 2-5 or 5-7 years. The workshop raises awareness of physical activity and its importance to children's health and development. The course focuses on practical ideas and activities parents can use at home to ensure their family is active enough.

The workshop includes:

- The benefits of physical activity for children.
- Recommended physical activity levels appropriate to the age group.
- Physical development- what to expect and how to support it.
- Activity ideas and sources to help parents to encourage their children to be more active.
- How to encourage children to take part.

Duration 1.5 hours

Bespoke Parent Workshops

Move-iq can develop parent workshops to meet the specific needs of your organization and parents. Please get in touch to discuss your requirements and we will provide you with a bespoke quote. You can contact by e mail at info@move-iq.co.uk or by using the contact us form on our website www.move-iq.co.uk