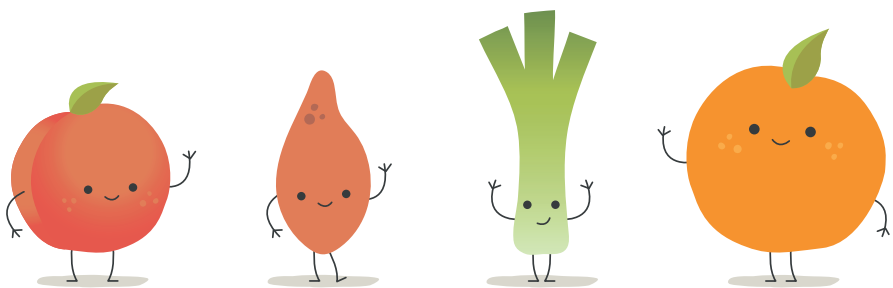


NYLO

Nutrition for Your Little One
Maeth i'ch un bach

NYLO Family Programme

Frequently Asked Questions



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Cardiff & Vale

Nutrition and Dietetics

Maethg a Dieteteg

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What is the NYLO Family Programme?

NYLO (Nutrition for Your Little One) is an 8 week group programme to help families feel more confident to provide the best start for their child through eating well and being active.

Who is it for?

NYLO is open to all families with children aged 5 years and under living in Cardiff and the Vale of Glamorgan.

What happens in a NYLO family programme session?

The sessions are relaxed and informal. The first 100 minutes parents/carers and children attend separate sessions allowing parents/carers to focus on the information provided and to meet other parent/carers with young children. Children attend their own activity session run by qualified childcare staff and take part in lots of fun activities.

What happens in a NYLO family programme session?

The programme covers a range of topics to help families to be healthy including:

- A healthy, balanced diet for young children
- Correct portion sizes
- Healthy snacks
- Tips to help manage fussy eating and encourage new foods
- Creating happy mealtimes
- Understanding food labels
- Ways to save time and money
- Tips for cooking with children
- Lots of ideas for food activities and active play
- The benefits of being active

Where do groups run?

Groups are delivered in a range of community venues across Cardiff and the Vale.

How do I book onto a group?

To find out more about NYLO or to book a place you can contact the NYLO team by:

Email: Nutrition.Skillsforlife.cav@wales.nhs.uk

Phone/text: **07972 732614**

Or visit our website www.NYLO.co.uk

Scan the QR code to visit the website using your phone's camera or QR scanner.



Do I attend with my child?

Yes. Your child attends a children activity session delivered by qualified childcare staff whilst you attend the parent session. During the children session your child will take part in food activities and active play alongside other children.

I have other children, can they attend the sessions?

The children activity sessions are suitable for children up to the age of 8 years old, please let us know in advance how many children will be attending and their age so the sessions can be tailored accordingly.

Can other family members come too?

Yes. Other family members such as partners and grandparents are welcome to attend too. We ask that you let us know in advance how many adults will be attending the sessions.

Is there a cost?

No - The programme is fully funded so there are no costs.

How long and how often are the sessions?

The programme runs for 8 weeks. For the first 100 minutes parents/carers and children will be in separate sessions they join for the final 20 minutes for Family Time which includes a healthy snack.

Do I need to attend all the sessions?

To get the most benefit from the programme it is recommended to attend every session. We understand it may not always be possible to attend all sessions please speak with a member of the NYLO team if you have any difficulties attending a session.

Who will be there?

The NYLO family programme sessions will be led by a member of the Cardiff & Vale UHB Public Health Dietitians Team. For some sessions a student may observe or deliver part of the session. The children sessions are delivered by qualified childcare staff.

Other parents or carers and their children will also be at the session. Group sizes usually consist of 8-10 families.

Are there refreshments?

Tea, coffee or water are available for parents. Each 2-hour session ends with Family Time which includes a healthy snack and drink for the whole family to enjoy together.

Will I be contacted following the end of the programme?

If you agree, we will contact you 3 and 6 months after the programme has finished to collect further evaluation data.

What have other families said about the NYLO family programme?

I have loved this programme, I have found that the support for myself and my child amazing. The changes we have made will benefit us as a family for years to come.

Loved coming to the course. Really enjoyed, made friends and learnt new things to make my family happy and healthy.

All the team were really good and supportive. Very positive atmosphere and we will miss it.

I have learnt a lot throughout the sessions - my child's portion size, reducing screen time and involving my child with food and outdoor activities.

The course was very enjoyable. The information was interesting and useful. I also got some good ideas from other parents.

Great insight into how to make healthier food choices. Also learnt many ways to engage my child to try new foods.