

Platform	Caption	Content
<ul style="list-style-type: none"> <li>• <b>School bulletin</b></li> <li>• <b>Seesaw</b></li> </ul>	<p>Active play is more than just fun - it's essential for your child's health, confidence, and happiness!</p> <p>Our free Move, Play, Grow booklet is packed with simple ways to help your family get moving, laugh together, and build healthy habits for life.</p> <p>Discover more and download your copy at: <a href="#">Child Healthy Weight – NHS Orkney</a></p>	<p><b>Move, Play, Grow:</b> </p> <p><b>Active Play for Orkney Families Booklet</b></p> <p>Active play isn't just fun - it helps children grow up healthy, confident, and happy!</p> <p>Our free guide is packed with easy ideas to get your family moving, laughing, and learning together.</p> 
<ul style="list-style-type: none"> <li>• <b>School bulletin</b></li> <li>• <b>Seesaw</b></li> </ul>	<p>Looking for new ways to keep your little ones active?</p> <p>The Move, Play, Grow booklet is full of easy, playful activities for babies, toddlers, and pre-schoolers - indoors and outdoors! From ball games to creative cardboard box fun, you'll find inspiration for every day.</p> <p>Discover more and download your copy at: <a href="#">Child Healthy Weight – NHS Orkney</a></p>	<p><b>Move, Play, Grow:</b> </p> <p><b>Active Play for Orkney Families Booklet</b></p> <p>The Move, Play, Grow booklet is full of simple, playful activities for babies, toddlers, and pre-schoolers - indoors and out!</p> <p>From ball games to cardboard box adventures, there's something for every family.</p> 
<ul style="list-style-type: none"> <li>• <b>School bulletin</b></li> <li>• <b>Seesaw</b></li> </ul>	<p>The Move, Play, Grow booklet includes a handy list of Orkney's local parks and playgrounds - perfect for planning your next family adventure. Discover new places to play and make the most of the outdoors together!</p> <p>To find the full list and active play ideas, visit: <a href="#">Child Healthy Weight – NHS Orkney</a></p>	<p><b>Move, Play, Grow:</b> </p> <p><b>Active Play for Orkney Families Booklet</b></p> <p>The Move, Play, Grow booklet includes a handy list of local parks and playgrounds - perfect for planning your next family adventure!</p> <p>Discover new places to play in Orkney!</p> 

<ul style="list-style-type: none"> <li>• <b>School bulletin</b></li> <li>• <b>Seesaw</b></li> </ul>	<p>Active play isn't just for kids - it's great for the whole family!</p> <p>Boost your mood, build confidence, and support healthy routines with tips from the Move, Play, Grow booklet. Learn how active play can benefit everyone, and get practical ideas to make movement part of your day.</p> <p>Discover more and download your copy at: <a href="#">Child Healthy Weight – NHS Orkney</a></p>	<p><b>Move, Play, Grow:</b> </p> <p><b>Active Play for Orkney Families Booklet</b></p> <p>Active play help to boost mood, build confidence, and support healthy habits for life - for kids and grown-ups!</p>  <p>Find out how your family can benefit, plus get top tips for making movement part of your daily routine with the Move, Play, Grow booklet.</p>
<ul style="list-style-type: none"> <li>• <b>School bulletin</b></li> <li>• <b>Seesaw</b></li> </ul>	<p>Why not try this at home: Turn a cardboard box into a car, train, or spaceship - decorate it together and let imaginations run wild!</p> <p>The Move, Play, Grow booklet is full of creative, low-cost play ideas for all ages.</p> <p>See more activities and get your free copy at: <a href="#">Child Healthy Weight – NHS Orkney</a></p>	<p><b>Move, Play, Grow:</b> </p> <p><b>Active Play for Orkney Families Booklet</b></p> <p><b>Try this active play idea at home!</b></p> <p>Turn a cardboard box into a car, train, or spaceship - decorate together and let imaginations run wild!</p>  <p>Find more creative play ideas in our free Move, Play, Grow booklet.</p>
<ul style="list-style-type: none"> <li>• <b>School bulletin</b></li> <li>• <b>Seesaw</b></li> </ul>	<p>Worried about too much screen time?</p> <p>The Move, Play, Grow booklet shares practical tips for balancing screens with active play, plus advice on building healthy routines for your family. Small changes can make a big difference!</p> <p>Discover more and download your copy at: <a href="#">Child Healthy Weight – NHS Orkney</a></p>	<p><b>Move, Play, Grow:</b> </p> <p><b>Active Play for Orkney Families Booklet</b></p> <p><b>Worried about too much screen time?</b></p> <p>The Move, Play, Grow booklet shares practical tips for balancing screens with active play, plus advice on building healthy routines.</p> 