

It's all happening **IN HALTON**





HENRY adopts a unique and highly effective way of working with parents which supports them to change family lifestyle habits and behaviours and provide a healthy start in life for their children – we call this ‘the HENRY approach’.

The proven HENRY approach (Bridge & Willis, 2019) was developed in response to an identified gap for a practical intervention that would deliver the key evidence-based messages contained in [*Tackling obesity through the healthy child programme – a framework for action.*](#)

[Animated explainer video](#)



Henry is:

- ✓ For all families with children ages 0-5 years
- ✓ There to support parents to feel more confident
- ✓ A healthy start program that lasts 8 weeks
- ✓ Also available as stand-alone sessions, suitable for various age ranges

Henry is not:

- ✗ A weight management program
- ✗ A parenting course
- ✗ An advice service
- ✗ Limited to specific families



Would you like to feel more confident as a parent?

Would you like some support to give your child a healthy start?

Do you wish your child would eat more fruit and vegetables?

Although Henry is for all families, the parents/carers who would benefit the most will answer yes to any of these questions.

Would you like to enjoy being active together as a family more often?

Are you interested in some ideas to get children away from their screens?

Would you like to reduce mealtime stress?



8 Week program covers

Parenting confidence

Physical activity for little ones

What children and families eat

Family lifestyle habits

Enjoying life as a family

Each week breaks down

Week 1 - Decide what changes you want to make and set your own goals

Week 2 - How to juggle life with young children so you all get what you need

Week 3 – How to respond to children’s needs without giving in to all their demands

Week 4 – Positive mealtime tips for a happy family – reducing mealtime stress for everyone

Week 6 – Food groups, food labels, portion sizes for under 5s, first foods and snack swaps

Week 7 – Understanding and managing your child’s behaviour for a happier home

Week 8 – Celebrate your success as a parent and plan the future for your family

Each session will last for 2 hours followed by 30 minute play with the children*

*Subject to venue availability. Alternatively, the last session will be a stay and play session for the families with their children.

Stand-alone Henry Sessions



Understanding
children's
behaviours
0-12 Years

Let's get active
0-5 Years



Healthy teeth
0-5 Years

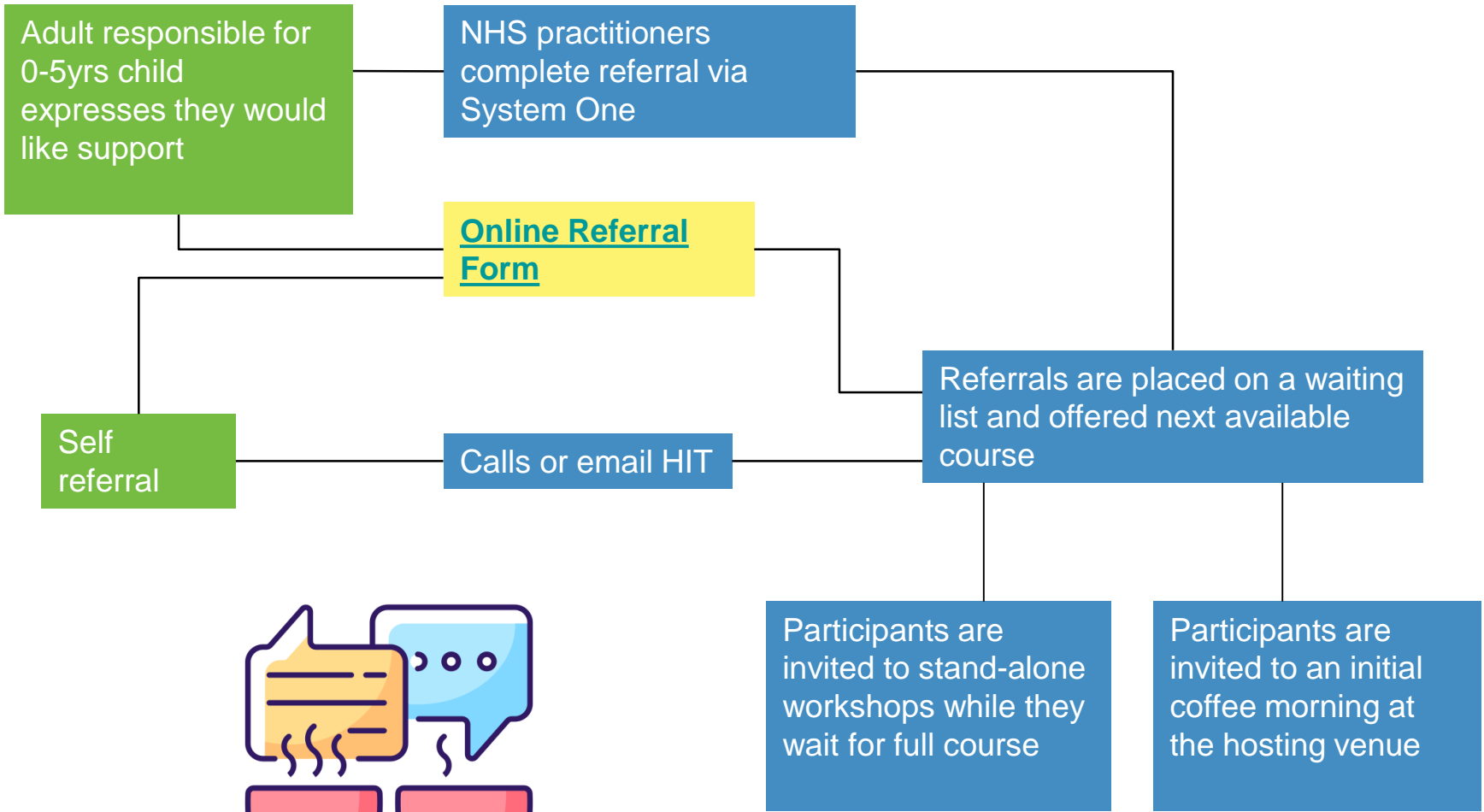
Healthy Drinks
0-5 Years

Eating well for
less
0-12 Years

Looking after
ourselves
0-12 Years



Referral Process



Calendar for 2023

**Stand-alone sessions
(Summer) Brookvale
children's centre
1:30pm-3pm**

Wednesday 26th July
Eating well for less

Wednesday 2nd August
Let's get active

Wednesday 9th August
Looking after ourselves

Wednesday 16th August
Healthy drinks

Wednesday 23rd August
Healthy teeth

Wednesday 30th August
Understanding children's
behaviour

**8 Week Workshop 09:30am-11:30am
Kingsway Children's Centre
Tuesday 5th September
Running for 8 weeks**

*Brookvale Children's Centre
Thursday 7th September
Running for 8 weeks*

*Kingsway Children's Centre
Tuesday 31st October
Running for 8 weeks*

*Brookvale Children's Centre
Thursday 2nd November
Running for 8 weeks*

www.halton.me/henry



Halton
Health
Improvement
Team



Delivered, in
partnership, by
Halton's Health
Improvement Team &
Bridgewater 0-19
Team



Do you have any questions, thoughts or would like more information?



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