

# Resources Order Form

## Parent & Practitioner Resources



### Payment

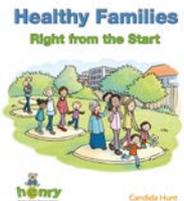
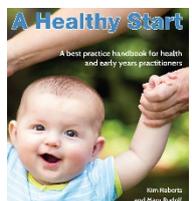
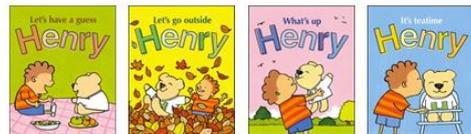
Your Details*	
Name	
Invoicing Address	
Delivery Address	
Purchase Order Number (if applicable)	
Email	
Telephone Number	

Resources will be dispatched upon receipt of payment or a Purchase Order number.

**Please allow up to 4 weeks for delivery.** Please send this form to [orders@henry.org.uk](mailto:orders@henry.org.uk)

This information is being collected by HENRY, in order to process your resource order. It will not be shared or used for any other purpose. For more information, please visit [www.henry.org.uk/privacypolicy](http://www.henry.org.uk/privacypolicy) or contact HENRY directly.

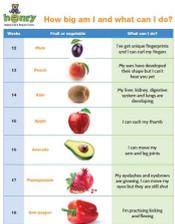
### Books

Item	Unit Cost	Quantity	VAT (if applicable)	Total Cost
<p><b>Healthy Families: Right from the Start</b></p>  <p><i>A treasure trove of ideas to help parents give their children a great start in life</i></p>				
<p><b>A Healthy Start: a best practice handbook for practitioners</b></p>  <p><i>An invaluable 360-page mine of information about what children need to flourish – from pregnancy to starting school. Drawing together the best evidence and national guidance, it sets out the crucial foundations for lifelong physical and emotional wellbeing. It covers nutrition, parenting, emotional wellbeing, oral health, infant feeding, physical activity and more. It shares HENRY's approach to effective support for behaviour change.</i></p>				
<p><b>Children's Story Books – Set of 4</b></p>  <p><i>HENRY the bear and his friends love playing together – and discover how to have a happy, healthy lifestyle in this series for young children (and their parents!)</i></p>				

# Charts

Minimum order of 50 copies of each chart

Don't see the HENRY chart you want here? Don't worry, email [orders@henry.org.uk](mailto:orders@henry.org.uk) to let us know the item and quantity you would like. For very large orders (>500 copies) please get in touch for a bespoke quote.

Item	Unit Cost	Quantity	VAT (if applicable)	Total Cost
<p><b>How big is a portion?</b></p> <p><i>Clear, easy-to-understand guide to age appropriate portion sizes for the under-5s across all food groups.</i></p> 				
<p><b>Balancing a Young Child's Plate</b></p>  <p><i>Easy-to-understand guide to the specific dietary needs of the under-5s to achieve a healthy balanced diet, including how to gradually move towards a diet in line with the Eatwell Guidance for children over 5 and for adults.</i></p>				
<p><b>Steps in Growing</b></p>  <p><i>A handy guide to the stages of child development in the first 2 years of life packed with helpful tips to support your child to get the best possible start in life including foods to try, activities and play ideas, signs of hunger and fullness.</i></p>				
<p><b>Healthy Drinks</b></p> <p><i>An easy to use guide for parents (and practitioners to share with parents) on what drinks are healthy and understanding sugar content in drinks</i></p> 				
<p><b>Taste Journey</b></p>  <p><i>A great resource to support the introduction of solid foods. For parents to use at home with their child, it encourages repeated tasting in a fun and engaging way using stickers (included). Includes a guide to first foods.</i></p>				
<p><b>Taste Adventure</b></p> <p><i>A useful resource for parents to help tackle fussy eating. Using included stickers it encourages repeated tasting of a variety of foods of the family's choosing. Includes tops tips encouraging children to try (and re-try) new foods.</i></p> 				
<p><b>How big am I?</b></p>  <p><i>A visual chart for pregnant women and their partners to help them engage with their growing baby. From 12 weeks it shows the size of the baby compared to fruit / veg, plus info on the latest developments in the womb such as what the baby can do at each stage. It helps expectant parents to connect the idea of their growing baby to leading a healthier lifestyle in pregnancy and beyond.</i></p>				

# Resources for Workshops / 1-to-1 Conversation Frameworks

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Item	Unit Cost	Quantity	VAT (if applicable)	Total Cost
<p><b>Let's Get Active</b></p> <ul style="list-style-type: none"> <li>Ball Game Ideas (10 copies)</li> </ul> 				
<p><b>Eating Well for Less</b></p>   <ul style="list-style-type: none"> <li>Eating Well for Less</li> <li>Balance Plate</li> </ul> <p>10 copies of each chart</p>				
<p><b>Healthy Drinks</b></p> <ul style="list-style-type: none"> <li>Healthy Drinks (10 copies)</li> </ul> 				
<p><b>Healthy Teeth</b></p>   <ul style="list-style-type: none"> <li>Healthy Drinks</li> <li>Healthy Teeth</li> <li>Healthy Food Swaps</li> </ul> <p>10 copies of each chart</p>				
<p><b>Fussy Eating</b></p>   <ul style="list-style-type: none"> <li>How big is a portion</li> <li>Balance Plate</li> <li>Taste Adventure</li> <li>Me-Size Meals</li> </ul> <p>10 copies of each chart</p>				
<p><b>Starting Solids</b></p>   <ul style="list-style-type: none"> <li>Taking your Baby on a Taste Journey</li> <li>Introducing your baby to solid foods booklet</li> </ul> <p>10 copies</p>				

## Programme Resources

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Item	Unit Cost	Quantity	VAT (if applicable)	Total Cost
<p><b>Healthy Families: Right from the Start – Toolkit</b></p>  <ul style="list-style-type: none"> <li>• Set of Children’s Story Book</li> <li>• Set of Information Charts</li> <li>• Children’s Ball</li> <li>• Ball game ideas</li> <li>• Food and activity diary</li> </ul> <ul style="list-style-type: none"> <li>• <i>Healthy Families: Right from the Start</i> book</li> <li>• Healthy eating right from the start – video flyer</li> <li>• 2x Family Reward Charts and HENRY Stickers</li> </ul>				
<p><b>Healthy Families: Growing Up – Family Resources</b></p> <ul style="list-style-type: none"> <li>• <i>Healthy Families: Growing Up</i> Parent Book</li> <li>• Label decoder</li> <li>• Healthy food swaps</li> <li>• Me-size meals</li> <li>• Balancing a young child’s plate</li> </ul> 				
<p><b>Preparation for Parenthood – Resource Set</b></p> <ul style="list-style-type: none"> <li>• Food to eat and ones to avoid</li> <li>• How big am I and what can I do?</li> <li>• Staying active in pregnancy (Tommy’s)</li> <li>• Balancing a young child’s plate</li> <li>• Safer sleep for babies (Lullaby Trust)</li> <li>• Healthy food swaps</li> <li>• Me-size meals</li> <li>• What to pack in your hospital bag</li> <li>• Action plan booklet</li> </ul> 				

**Note to Local Training Areas:** to order resources for HENRY training courses please visit our online local training pages

<b>Total excl VAT</b>	<b>VAT</b>	<b>Total</b>