Thank you for your interest in HENRY’s *1-to-1 Programme Familiarisation Training*. This document provides the information you need about the course in advance as well as the preparation required.

**Dates:** Enter Training Date

**Time:**  Enter Time

**Join:** Enter joining instructions

**Who is the training for?** This 2½-hour online session is for trained and authorised HENRY group Facilitators who wish to also deliver the 1-to-1 version of HENRY’s *Healthy Families: Right from the Start* programme.

**What will I gain from the training?**

This training course extends practitioners’ HENRY skills and equips them to deliver this responsive 1-to-1 programme. The course provides the opportunity to develop key skills when working 1-to-1 and explore programme content. Participants receive materials needed to deliver the programme.

**What is the HENRY 1-to-1 programme?**

A structured intervention for families with babies and young children at risk of poor developmental or health outcomes e.g. school readiness, obesity, tooth decay etc. It can be used as part of routine outreach work or as a targeted offer. Over a series of between 5 and 8 sessions practitioners support parents to develop their knowledge, skills and confidence in key aspects of family life, which are all known to be critical for young children’s immediate and long-term health and wellbeing. These include parenting skills, emotional wellbeing, parent-child relationships, nutrition, getting active, and family routines such as tooth brushing, mealtimes and bedtimes.

**By the end of the training you will:**

* Feel more confident to address family lifestyle issues with parents when working 1-to-1
* Develop and enhance your skills to explore complex family lifestyle issues and help parents set and achieve their own goals around key aspects of family life (see above)
* Be able to deliver the structured *Healthy Families: Right from the Start* 1-to-1 programme, adopting the proven HENRY approach to supporting behaviour change, and ethos of working in partnership with parents and building on their strengths

**What do I need for the training?**

* A computer with access to the internet and a camera so we can see you
* Training resources set, including course workbook – we will arrange to send these to you
* Your copy of *Healthy Families: Right from the Start* book and your HENRY Parent Toolkit
* Your copy of the *A Healthy Start* practitioner handbook

**What do I need to do before the training?**

* Please confirm your place on the course with *(contact name)* at *(email address)*
* Complete the pre-work for session:
* Read through the 1-to-1 programme Practitioner Guide
* Complete pages 4 and 6 of the training course workbook
* Re-read chapter 3 of your A Healthy Start practitioner handbook
* Look through the programme pages at [www.henry.org.uk/1-to-1programmeinfo](http://www.henry.org.uk/1-to-1programmeinfo)