Thank you for registering on to the HENRYOnline Core Training. This document provides the information you need about the course in advance as well as the preparation required.

**What Platform is the Training on?**

Most HENRY online training takes place using Zoom and the link will be sent directly to your email address, please arrive 10 minutes in advance of your first session to check that the technology works ok for you.

**What do I need?**

* A computer with access to the internet and a camera so we can see you
* Access to Zoom (unless another platform has been specifically agreed with HENRY)
* Training resources set, including course workbook – we will arrange to send these to you
* Please where possible avoid sharing a computer to allow break-out rooms to be used effectively

**What do I need to do in advance?**

* Create the space to focus on the course
* Read about the HENRY approach at [www.henry.org.uk/the-henry-approach](http://www.henry.org.uk/the-henry-approach)
* Complete the pre-work for Session 1 – Completion of pages 4, 6, 7, 8, in the Online Core Training Workbook and glance through the quiz on page 5

**Who is the training for?** This online training course is for health and family support practitioners who wish to develop their skills in supporting parents/carers and their children (0 to 12) to develop a healthier, happier family lifestyle and reduce the risk of lifelong health and social inequalities

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

The course adopts a holistic approach: it provides a practical framework for enabling behaviour change which brings together emotional wellbeing, parenting skills and information about all the things children need for a healthy, happy childhood including positive parent-child relationships, praise, routines, good nutrition, physical activity, oral health and more.

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

* Be able to raise issues of lifestyle, weight and other emotive topics sensitively and effectively
* Be able to build parental motivation and readiness for behaviour change
* Understand the emotional dimension of change, the links between behaviour, feelings and needs and the power of empathy as a catalyst for change
* Adopt a partnership approach to work with families, using a strength-based and solution-focused approach to explore family lifestyle issues and support lifestyle behaviour change
* Understand the risk and protective factors for child obesity and the importance of early years
* Gain the knowledge, skills and confidence to provide effective support and information in relation to the 5 elements of a healthy start in life: parenting skills, eating and lifestyle habits, nutrition, physical activity and emotional wellbeing in the family
* Be able to provide clear messaging around healthy nutrition, physical activity and more for babies and children (consistent with national guidance) in a way that resonates with parents

**Further Information**

* For more information about HENRY please check out our website [www.henry.org.uk](http://www.henry.org.uk)
* Follow our social media platforms
  + Twitter @HENRYhealthy
  + Facebook @HENRY.helathyfamilies

**We look forward to meeting you and hope you enjoy the training!**