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

**Dates:** Enter Training Dates

**Time:**  Enter Times

**Join:** Enter joining instructions

**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

**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

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

* Please confirm your place on the course with *(contact name)* at *(email address)*
* 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

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