Thank you for registering onto HENRY’s online *A Healthy Start in Childcare* training. This document provides the information you need about the course in advance, plus 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 – complete pages 7, 10 and 11 in the workbook and read chapter 1 of *A Healthy Start* practitioner handbook

**Who is the training for?**

This is a course for childcare staff, nurseries and childminders who wish to develop effective approaches, policies and practice to provide a healthy, happy start for the young children in their settings.

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

HENRY training is underpinned by the latest research into complex factors that protect against, or lead to obesity. This course recognises that childcare settings play a vital role in providing a healthy start for young children, by the end of the training you will:

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

* Understand the risk and protective factors associated with child obesity and the importance of parents as agents of change
* Have the knowledge and confidence to provide a healthy environment for the children in their care in relation to the 5 elements of a healthy start in life: behaviour management, mealtime and snack routines, nutrition, physical activity and emotional well-being
* Know how to provide balanced, healthy snacks and meals and age-appropriate portion sizes
* Be able to model healthy eating habits, responsive feeding and mealtime behaviour to the children in your care
* Understand why and how to limit screen time and encourage physical activity

**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!**