Thank you for registering on HENRY*’s A Healthy Start in Childcare training* . This document provides the advance information you need about the course and the preparation required.

**Where is the training taking place?**

If the venue details are TBC, we will email you with the final details in your area once the information has been shared with us.

**What do I need to bring with me?**

* A pen
* A packed lunch
* A mobile phone (to complete the training review)
* An extra layer you can wear indoors in colder weather – we may need to open a window to reduce the risk of transmission of Covid-19

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

* read about HENRY’s approach to a healthy start at [www.henry.org.uk/the-henry-approach](http://www.henry.org.uk/the-henry-approach)
* do what you can to create the space to focus on the course e.g. delegate work so you don’t need to check emails and take calls. This will help you gain from the experience.

**Who is the training for?**

This is a course for day-care staff and childminders who wish to provide a healthy start for young children in their settings.

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

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:

* 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!**