

HENRY training has strong evidence of effectiveness. It is designed to build the skills of practitioners working with parents of babies and children of all ages, or in early years settings, to provide effective support for families and children in achieving a long term healthier lifestyle – we call this ‘the HENRY approach’ (see page 10).



Messages from research:

- ▶ Information alone does not lead to sustained change
- ▶ Helping families adopt a healthier lifestyle depends largely on practitioner skill in building parents’ confidence and motivation to make changes
- ▶ Practitioners often lack skills and confidence to raise the issue of lifestyle, or to support behaviour change

HENRY training leads to more effective practice because we:

- ▶ Integrate evidence-based models to develop motivation and support behaviour change
- ▶ Highlight strengths and promote self-efficacy
- ▶ Focus on solutions

Practitioner training outcomes

After 17,000 practitioners trained:

- **94%** improve skills, knowledge and confidence to support a healthy start
- **97%** had expectations met or exceeded
- **71%** use HENRY skills more than 12 months after training
- **67%** apply HENRY knowledge and techniques in their personal lives

Bespoke training

We can develop bespoke training tailored to your needs, including for community volunteers.

Learning Outcomes

Contact us for detailed learning outcomes of our training courses.



Length: 2 days, or 8 x 2-hour online sessions
Audience: Health, early years and other child & family practitioners
Purpose: To develop skills, knowledge and confidence to support a healthy start in life

“Excellent content, well delivered. I have thoroughly enjoyed it and am sure to make positive changes to my practice as a result. I would highly recommend it.”

Key content

- The importance of childhood for lifelong wellbeing and obesity prevention
- Risk and protective factors for child obesity and a healthy start
- The 5 elements of a healthy start – parenting, lifestyle habits, nutrition, physical activity and emotional wellbeing
- Working in partnership with families – a strength-based, solution-focused approach to supporting behaviour change
- Emotional dimensions of change – links between behaviours, feelings and needs – and the power of empathy as a catalyst for change
- National guidance on healthy nutrition and physical activity for babies and children of all ages

