

More HENRY Workshops

Why not try another HENRY workshop?

HENRY workshops are supportive, interactive 90-minute sessions that explore a variety of topics relevant to family life.

They are available both online and in-person.



Topics include:

- ★ Understanding children's behaviour
- ★ Eating well for less
- ★ Healthy drinks
- ★ What's in our food?
- ★ Let's get active
- ★ Fussy eating (1-to-1)
- ★ Healthy Teeth

How can I join a programme?

We run programmes online and face-to-face in local venues around the Southend area, on different days and times of the week.

For more information or to join an upcoming programme, contact us on southend@henry.org.uk or contact Patrizia on **07519 109875**

Or you can complete our online enquiry form here:



For more information about HENRY and other A Better Start Southend programmes please visit www.abetterstartsouthend.co.uk/henry

- 📷 [@henry.healthyfamilies](https://www.instagram.com/henry.healthyfamilies)
- 🐦 [@HENRYhealthy](https://twitter.com/HENRYhealthy)
- 📘 [/HENRYSouthend](https://www.facebook.com/HENRYSouthend)

www.henry.co.uk
www.abetterstartsouthend.co.uk



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Healthy Family Programme



Free crèche available

Do you have a child aged 0-4 years old and live within Southend?

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years.

HENRY's 8-week Healthy Families programme is **FREE** to join and helps to give your child the best possible start in life.



Is the HENRY programme for me?

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best, especially in the early years.

Join the thousands of families across the country who have benefited from the support and tips it provides for young families.



If you can answer 'yes' to any of the questions below then HENRY is for you:

- ✓ Would you like to feel more confident as a parent?
- ✓ Would you like some support to give your child a healthy start?
- ✓ Do you wish your child would eat more fruit and vegetables?
- ✓ Would you like to reduce mealtime stress?
- ✓ Would you like to enjoy being active together as a family more often?
- ✓ Are you interested in some ideas to get children away from the TV?

Weekly Sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

Week 1 - Decide what changes you want to make and set your own goals

Week 2 - How to juggle life with young children so you all get what you need

Week 3 - How to respond to children's needs without giving in to all their demands

Week 4 - Positive mealtime tips for a happy family - reducing mealtime stress for everyone

Week 5 - Ideas for active play to help children learn, develop and stay happy

Week 6 - Food groups, food labels, portion sizes for under 5s, first foods and snack swaps

Week 7 - Understanding and managing your child's behaviour for a happier home

Week 8 - Celebrate your success as a parent and plan the future for your family



What do other parents say about the HENRY programme?

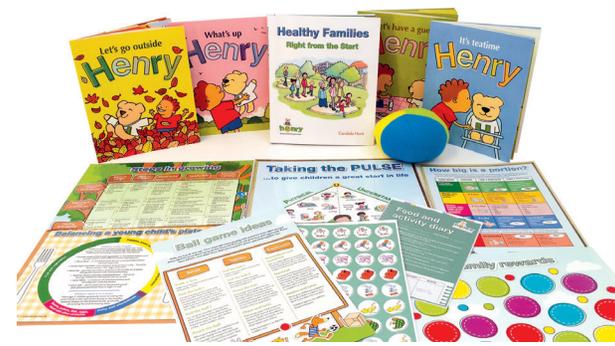
- ★ 97% of parents would recommend it
- ★ 89% feel more confident as a parent

"Megan and Jessica were amazing. They made me feel at ease at every session and I've learnt so much from them. They have made me realise how much I already do for my little girl which makes me feel a lot happier. I also want to mention the lovely ladies in the creche team who looked after my little girl, they are great and really know their stuff! Thanks to the HENRY team."

Southend parent from a HENRY programme in 2021

What do I get on the HENRY programme?

Every parent joining a HENRY programme receives a FREE toolkit that includes everything you'll need during the programme and helpful resources to use in your family.



The HENRY toolkit will help you to give your child a great start in life, get the whole family involved and keep track of how well you're doing.