

# Online Core Training

Developing skills in using the proven  
**HENRY** approach to lifestyle change



6 x 2¼ -hour  
online  
sessions

For any practitioner  
who supports  
parents with  
children aged  
0 to 12

This course helps practitioners gain the knowledge, skills and confidence to provide effective support for parents and carers so they can give their children a healthy, happy childhood

“ Easily the best training course I've ever been on ”

Practitioners will:

- Understand the role of early years in future health and wellbeing
- Adopt a partnership and empathic approach to working with families around parenting skills, lifestyle habits, nutrition, physical activity and emotional wellbeing
- Adopt a strength-based and solution-focused approach to exploring family lifestyle issues
- Be able to provide clear messaging on healthy nutrition and physical activity for children aged 0 to 12 in a way that resonates with parents



96% of participants feel confident to support a happy, healthy childhood  
Research shows practitioners use their HENRY skills 5 years later