

Online Core Training

Developing skills in using the proven
HENRY approach to lifestyle change



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 healthy childhood

Research shows practitioners use their HENRY skills 5 years later