

# Healthy Start, Brighter Future

*"We are eating more healthily now and I also look at food labels when I go shopping. I would recommend this course to everyone."*

*"Supportive, helpful, non-judgemental environment."*

**97%** of families who join a HENRY family programme make positive lifestyle changes

**89%** feel more confident as a parent

To find out more or to get involved, please contact us:

- [henryBSB@henry.org.uk](mailto:henryBSB@henry.org.uk)
- 07709 640454
- 07519 109904 (Cooking for a Better Start)
- [www.henry.org.uk/henryinbradford](http://www.henry.org.uk/henryinbradford)

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Company No. 6952404



## ● Group Programme

### What does it involve?

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

The group programme provides everything you need to help get your little one off to a great start and covers: parenting confidence; physical activity for little ones; what children and families eat; family lifestyle habits; enjoying life as a family.

## ● 1-to-1 Programme

### What does it involve?

Some parents find it more difficult to attend a group – maybe due to language needs, disability or lacking confidence.

We can cover all the key themes from the group programme through a 1-to-1 approach, where we can explore the topics at your own pace. This can be done either in your home or in a community venue.

## ● Workshops

### What does it involve?

We offer a range of supportive, interactive workshops to help you give your child the best start in life:

- Starting solids
- Let's get active
- Fussy eating
- Healthy drinks for young children

## ● Cooking for a Better Start

### What does it involve?

Groups of 6 parents/carers meet every week for 6 weeks to try out a range of simple but tasty recipes, helping families gain the skills and knowledge to cook low-cost, healthy food at home.

If you look after a child aged under 4 in the Better Start Bradford area you can ask to join this course. Priority is given to those with the greatest need and gifts are provided after each session.