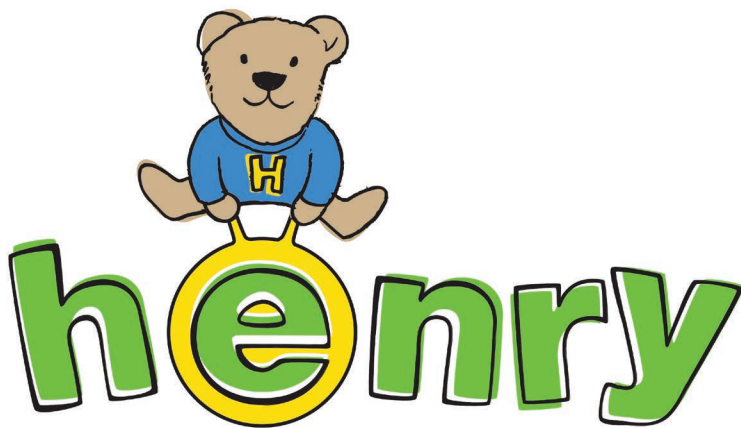




Healthy Start, Brighter Future

HENRY is an 8-week programme aimed at families with children under 5 years old.

In Leeds we offer all parents/carers the opportunity to join a HENRY programme. This programme is currently running either virtually or face to face.

Each week will help you develop a healthy, happy and supportive home for your whole family.

Please speak with a member of our 0-19 team to find out more information. The topics the programme covers are overleaf.

Henry is so much more than a course about what we should eat and our kids should eat!



HENRY Programme

Over the course of eight weeks the topics we will cover are:

- What we eat
- Time for ourselves (parental health and wellbeing)
- Parenting styles
- Limits and guidelines/guided choices/ family reward systems
- Developing healthy eating habits
- Introduction of solid foods
- Thinking about portion sizes
- Looking at labels
- Let's focus on feelings
- Time to be active
- Healthy teeth

You can book onto a HENRY programme by accessing our Eventbrite page (search 0-19 PHINS), by scanning the QR code below, or by calling our **0-19 Single Point of Access (SPA)** on **0113 843 5683**. You can also speak with one of our 0-19 practitioners or your local Children's Centre.



www.leedscommunityhealthcare.nhs.uk/0-19team/

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The facilitators and families offered a non judgmental and warm approach and helped us feel really safe to share some of things we were feeling challenged with.

The biggest takeaway for me was empowerment and confidence.

