



# Give your child a healthy start in life



**Do you have a child under 5?**

**Would you like to:**

- Feel happier and more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?
- Encourage your child away from screens and TV?
- See your child eat more fruit and vegetables?
- Gain ideas to help with family routines?

**The HENRY programme provides free support for local parents**

**Join a programme today**

[www.henry.org.uk/where](http://www.henry.org.uk/where)