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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