

Do you have a baby or child under 5?

Healthy Families Workshops with HENRY



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

Free workshops are running in children's centres and other local venues as part of the *Best Start with HENRY* service in City & Hackney. See reverse for details.

Check with your local Children's Centre or on our website for when our workshops are running.

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Workshop	What to expect
Starting solids	Introducing solids is a whole new chapter for you and your baby. It's recommended that solid foods are introduced from around 6 months old. If your baby is between 3 and 6 months old this workshop will help you get ready to introduce solids, get them off to a great start, and help them grow up enjoying a wide range of healthy foods
Fussy eating	Fed up with stressful mealtimes? Come along and get some new ideas to encourage your little one to try and to enjoy new foods, so you can enjoy eating together as a family
Let's get active	Come along and discover some fun ways to get your little ones – and you! – up and moving to help support their physical development
Eating well for less	Healthy eating doesn't have to be expensive. This workshop helps the whole family to eat well for less including tips for a cheaper healthy shopping basket, recipes for simple, healthy low-cost meals, and more
Healthy Food Swaps	Are you looking for ways to swap foods to a healthier, more affordable meal? This workshop will support in recognising foods high in fat, sugar and salt and identify healthy food swaps for you and your family.
Portion sizes	How big is a portion? How many portions should my child have? And what kinds of foods are best? We answer these questions and more so you can feel confident you are getting your child off to a healthy start
What's in our food?	Understanding food labels can be a real challenge. Find out more about what labels tell us so you can make healthier choices when shopping for your family



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