
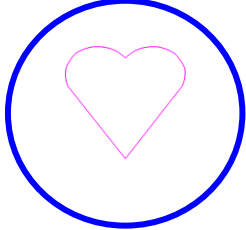
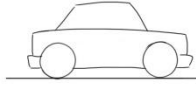




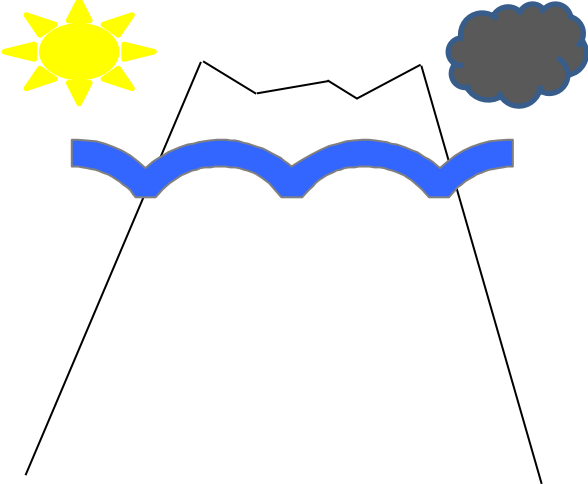
# FLIPCHART TEMPLATES

<p><b>Welcome</b></p> <div style="text-align: center; padding: 20px;">  <p style="color: orange; font-weight: bold;">Welcome To HENRY Healthy Families Growing Up</p> </div>	<p><b>Overview</b></p> <ul style="list-style-type: none"> <li>Session 1 - What's a healthy family?</li> <li>Session 2 - A healthy balance</li> <li>Session 3 - Understanding children's behaviour</li> <li>Session 4 - Being a parent</li> <li>Session 5 - Healthy swaps</li> <li>Session 6 - Family mealtimes</li> <li>Session 7 - Negotiating family agreements</li> <li>Session 8 - Children growing older</li> </ul>
<p><b>Group guidelines</b></p> <div style="text-align: center; padding: 20px;">  </div>	<p><b>Car park</b></p> <div style="text-align: center; padding: 20px;"> <p style="font-weight: bold; color: black;">Car Park</p>  </div>
<p><b>A Healthy family</b></p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center; color: blue; font-weight: bold;"><i>A healthy family</i></p> </div>	<p><b>Parent of a healthy family</b></p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center; color: orange; font-weight: bold;"><i>Parent of a healthy family</i></p> </div>
<p><b>Boosting our batteries</b></p> <div style="text-align: center; padding: 20px;">  </div>	<p><b>Review</b></p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center; color: blue; font-weight: bold;"><i>Review</i></p> <p>How much have you enjoyed today's session?</p> <div style="text-align: center; margin-top: 10px;">  </div> </div>

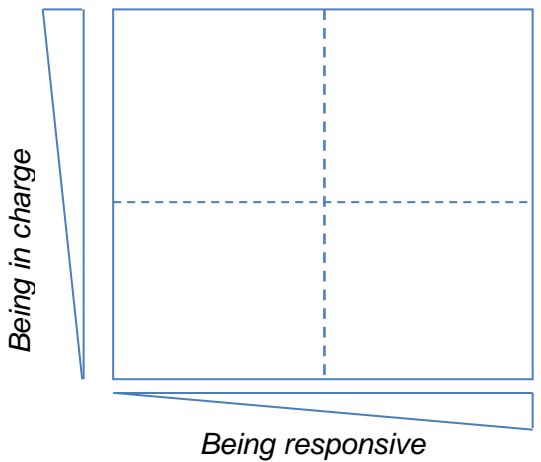
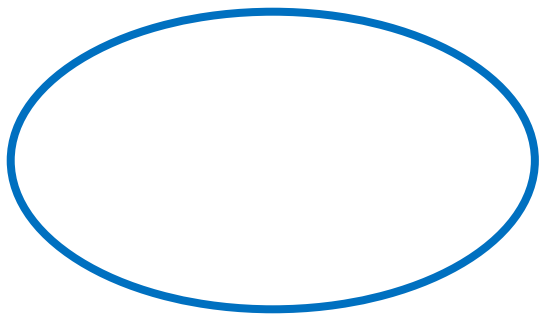
# FLIPCHART TEMPLATES

Typical family meals	Typical family snacks
<p data-bbox="327 495 592 528"><i>Typical family meals</i></p> <div data-bbox="135 528 778 898"></div>	<p data-bbox="991 495 1272 528"><i>Typical family snacks</i></p> <div data-bbox="810 528 1453 875"></div>
Five ways to wellbeing (1 of each)	Ways to build self-esteem
<p data-bbox="389 1068 528 1099">CONNECT</p> <div data-bbox="135 1068 778 1160"></div> <p data-bbox="384 1196 533 1227">BE ACTIVE</p> <div data-bbox="135 1196 778 1288"></div> <p data-bbox="363 1323 553 1355">TAKE NOTICE</p> <div data-bbox="135 1323 778 1415"></div> <p data-bbox="344 1451 572 1482">KEEP LEARNING</p> <div data-bbox="135 1451 778 1543"></div> <p data-bbox="422 1579 494 1610">GIVE</p> <div data-bbox="135 1579 778 1671"></div>	<p data-bbox="962 1099 1299 1133">Ways to build self-esteem</p> <div data-bbox="810 1133 1453 1527"></div>


**FLIPCHART TEMPLATES**

Where and what children eat (2 copies)	Behaviour, feelings and needs
<p data-bbox="236 427 683 456"><b>When our children are not with us:</b></p> <p data-bbox="150 459 400 488"><b>Where do they eat?</b></p> <p data-bbox="150 645 384 674"><b>What do they eat?</b></p>	

# FLIPCHART TEMPLATES

Parenting Styles	Family Boundaries						
	<p style="color: green; font-weight: bold;">Typical Family Boundaries</p> 						
CAR	Activity ideas (3 flipcharts)						
<p style="text-align: center; color: blue; font-weight: bold;">CAR</p> <p>Child - how the child might be feeling?</p> <p>Adult – what's going on for you?</p> <p>Request – a clear statement of what you'd like to happen next</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; color: blue; font-weight: bold; padding: 5px;"><i>Aerobic activities</i></td> </tr> <tr> <td style="padding: 5px;">Dancing, Football</td> </tr> <tr> <td style="text-align: center; color: orange; font-weight: bold; padding: 5px;"><i>Activities that strengthen muscles</i></td> </tr> <tr> <td style="padding: 5px;">Swinging on playground equipment</td> </tr> <tr> <td style="text-align: center; color: purple; font-weight: bold; padding: 5px;"><i>Activities that strengthen bones</i></td> </tr> <tr> <td style="padding: 5px;">Hopping</td> </tr> </table>	<i>Aerobic activities</i>	Dancing, Football	<i>Activities that strengthen muscles</i>	Swinging on playground equipment	<i>Activities that strengthen bones</i>	Hopping
<i>Aerobic activities</i>							
Dancing, Football							
<i>Activities that strengthen muscles</i>							
Swinging on playground equipment							
<i>Activities that strengthen bones</i>							
Hopping							
Guided choice							
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%; text-align: center; color: red; font-weight: bold; padding: 5px;">NO CHOICE</th> <th style="width: 33%; text-align: center; color: green; font-weight: bold; padding: 5px;">GUIDED CHOICE</th> <th style="width: 33%; text-align: center; color: magenta; font-weight: bold; padding: 5px;">TOO MUCH CHOICE</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px; color: red;">We are going to the park</td> <td style="padding: 5px; color: green;">We are off to the park - would you like to walk or ride your scooter?</td> <td style="padding: 5px; color: magenta;">What would you like to do this afternoon?</td> </tr> </tbody> </table>	NO CHOICE	GUIDED CHOICE	TOO MUCH CHOICE	We are going to the park	We are off to the park - would you like to walk or ride your scooter?	What would you like to do this afternoon?	
NO CHOICE	GUIDED CHOICE	TOO MUCH CHOICE					
We are going to the park	We are off to the park - would you like to walk or ride your scooter?	What would you like to do this afternoon?					

# FLIPCHART TEMPLATES

<p><b>Benefits of looking at food labels</b></p> <div style="text-align: center; margin-top: 20px;">  <p style="color: purple;">Benefits of looking at food labels</p> </div>	<p><b>Examples of food packaging</b></p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="padding: 5px;">Name of food product:</th> <th style="padding: 5px;">Fat</th> <th style="padding: 5px;">Saturated Fat</th> <th style="padding: 5px;">Sugar</th> <th style="padding: 5px;">Salt</th> </tr> </thead> <tbody> <tr><td style="height: 20px;"> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td style="height: 20px;"> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td style="height: 20px;"> </td><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>	Name of food product:	Fat	Saturated Fat	Sugar	Salt															
Name of food product:	Fat	Saturated Fat	Sugar	Salt																	
<p><b>Everyday meals and snacks</b></p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="padding: 5px; color: blue;">Everyday meals and snacks</th> </tr> </thead> <tbody> <tr><td style="height: 150px;"> </td></tr> </tbody> </table>	Everyday meals and snacks		<p><b>Healthy food swaps (2 copies)</b></p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="padding: 5px; color: orange;">Meals, snacks</th> <th style="padding: 5px; color: green;">Healthy food swap</th> </tr> </thead> <tbody> <tr><td style="height: 150px;"> </td><td style="height: 150px;"> </td></tr> </tbody> </table>	Meals, snacks	Healthy food swap																
Everyday meals and snacks																					
Meals, snacks	Healthy food swap																				
<p><b>What is the question?</b></p>																					
<p style="color: green;">Keep going back as often as recommended</p> <p style="color: green;">Not before they are at least 7 years old</p> <p style="color: green;">Two minutes twice a day</p> <p style="color: green;">One with fluoride</p> <p style="color: green;">Spit don't rinse</p> <p style="color: green;">Nothing, treatment is free for children up to the age of 18</p> <p style="color: green;">A mirror and a timer</p>																					

**FLIPCHART TEMPLATES**

<b>Family mealtimes</b>	<b>Magic wand (2 copies)</b>
<p data-bbox="277 327 639 387"><b>Family Mealtimes Challenges and Frustrations</b></p>	<p data-bbox="924 327 1342 387"><b>Magic Wand Happy Healthy Family Mealtimes</b></p>
<p data-bbox="134 763 475 797"><b>Sitting, Slowly, Sociably</b></p> <p data-bbox="440 837 475 880"><b>S</b></p> <p data-bbox="440 1003 475 1046"><b>S</b></p> <p data-bbox="440 1169 475 1211"><b>S</b></p>	

**FLIPCHART TEMPLATES**

<b>Lack of Sleep</b>	<b>Flying a kite</b>								
<table border="1"><tr><td data-bbox="135 412 778 448"><b>Lack of sleep - Parents</b></td></tr><tr><td data-bbox="135 448 778 636"></td></tr><tr><td data-bbox="135 636 778 672"><b>Lack of sleep - Children</b></td></tr><tr><td data-bbox="135 672 778 949"></td></tr></table>	<b>Lack of sleep - Parents</b>		<b>Lack of sleep - Children</b>		<table border="1"><tr><td data-bbox="810 412 1453 474"><b>What happens when we don't let out enough string?</b></td></tr><tr><td data-bbox="810 474 1453 636"></td></tr><tr><td data-bbox="810 663 1453 725"><b>What happens if we let out too much string too quickly?</b></td></tr><tr><td data-bbox="810 725 1453 949"></td></tr></table>	<b>What happens when we don't let out enough string?</b>		<b>What happens if we let out too much string too quickly?</b>	
<b>Lack of sleep - Parents</b>									
<b>Lack of sleep - Children</b>									
<b>What happens when we don't let out enough string?</b>									
<b>What happens if we let out too much string too quickly?</b>									
<b>Making family boundaries work</b>									
<table border="1"><tr><td data-bbox="135 1021 778 1057"><b>Making family boundaries work</b></td></tr><tr><td data-bbox="135 1057 778 1496"></td></tr></table>	<b>Making family boundaries work</b>								
<b>Making family boundaries work</b>									

# FLIPCHART TEMPLATES

Why we eat? (2 copies)	Body image messages
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; text-align: center;"> <p style="color: purple;">Why we eat?</p> </div> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<p style="color: purple; font-size: 1.2em;">Body image messages</p>
Things we can say or do	Completion questionnaire link
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; text-align: center;"> <p style="color: blue;">Things we can say</p> <p style="color: blue;">Use empathy to tune in 'you look worried'</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; text-align: center;"> <p style="color: orange;">Things we can do</p> <p style="color: orange;">Listen</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p style="color: purple;">Things we can do to support ourselves</p> <p style="color: purple;">Get support from others</p> </div>	<p style="margin-top: 20px;">Link:</p> <p style="margin-top: 20px;">Area code:</p> <p style="margin-top: 20px;">Programme code:</p>