
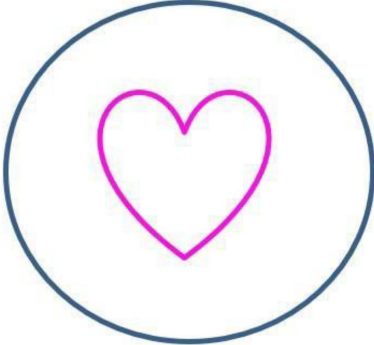
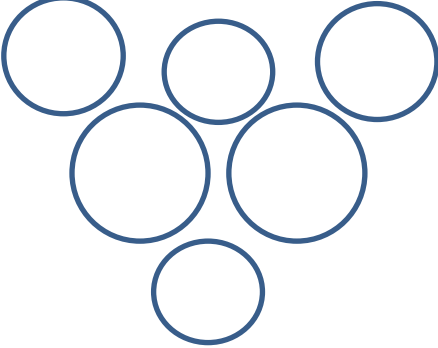







# Flipchart templates

<b>1. Welcome (Use in all sessions)</b>	<b>2. Session topics</b>				
 <p>Welcome to <b>HENRY Healthy Families Group Programme</b></p>	<p>Session topics</p> <ul style="list-style-type: none"><li>• Group guidelines</li><li>• A healthy start</li><li>• Activity break</li><li>• Family goals 1</li><li>• Stepping stones for change</li><li>• Review and ending</li></ul>				
<b>3. Group guidelines (Use in all sessions)</b>	<b>4. A great start</b>				
<p>OUR GROUP GUIDELINES</p> 	<p>What is a Healthy Person?</p>				
<b>5. A great start</b>	<b>6. Moving towards our goals (2 copies)</b>				
<p>What's a Healthy Start?</p>	<table border="1"><tr><td colspan="2" data-bbox="831 1624 1398 1713"><b>MOVING TOWARDS OUR GOALS</b></td></tr><tr><td data-bbox="831 1715 1114 2049"><b>What's going well</b></td><td data-bbox="1115 1715 1398 2049"><b>What changes we can make</b></td></tr></table>	<b>MOVING TOWARDS OUR GOALS</b>		<b>What's going well</b>	<b>What changes we can make</b>
<b>MOVING TOWARDS OUR GOALS</b>					
<b>What's going well</b>	<b>What changes we can make</b>				

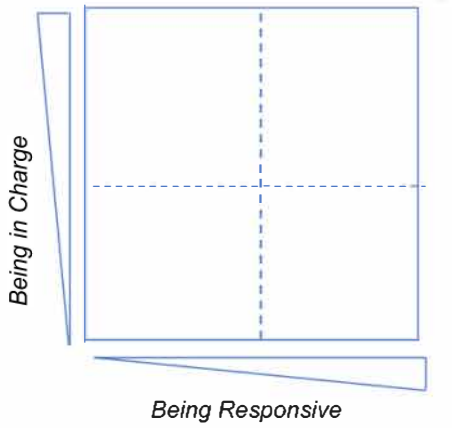
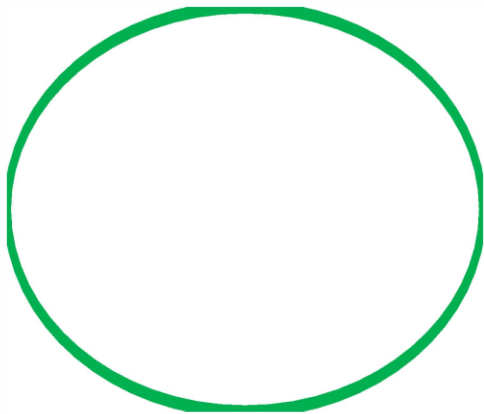
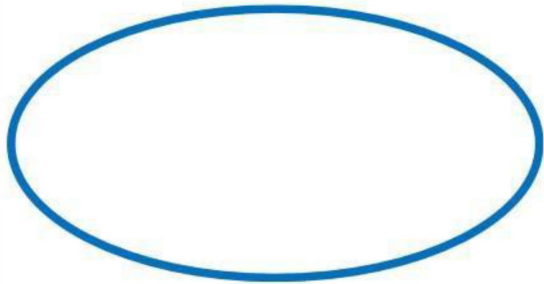
# Session 1: Flipchart Templates

7. Springboards for change	8. Review (Use in all sessions)
<p>Springboards for change</p> 	<p><i>Review</i></p> <p>How much have you enjoyed today's session?</p> 
Baseline Questionnaire	Car Park (all sessions)
  <a href="https://links.henry.org.uk/Group-Baseline">https://links.henry.org.uk/Group-Baseline</a>  <b>Area Code:</b> (please fill in for your programme) <b>Programme Code:</b> (please fill in for your programme)	<p>Car Park</p> 

# Flipchart templates

1. Session topics	2. Steps we're taking										
<ul style="list-style-type: none"> <li>Stepping stones review</li> <li>Balancing act 1: what we eat</li> <li>Balancing act 2: time for ourselves</li> <li>Family reward system</li> <li>Stepping stones for change</li> <li>Review and ending</li> </ul>	<p style="text-align: center;"><b>STEPS WE'RE TAKING</b></p> <p>What we've tried</p> <p>How things went</p>										
3. What we eat	4. What we eat										
<p>Typical family meals</p>	<p>Typical children's snacks</p>										
5. Boosting our batteries	6. Five ways to wellbeing ( put each heading on a different flipchart)										
<p>Boosting our batteries</p>	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th style="width: 20%;">Connect</th> <th style="width: 20%;">Be active</th> <th style="width: 20%;">Take notice</th> <th style="width: 20%;">Keep learning</th> <th style="width: 20%;">Give</th> </tr> </thead> <tbody> <tr> <td style="height: 80px;"></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Connect	Be active	Take notice	Keep learning	Give					
Connect	Be active	Take notice	Keep learning	Give							
7. Family rewards system	8. Watch, wait, respond										
 <p style="color: pink; font-weight: bold;">Family reward systems</p>	<p style="text-align: center;"><b>Watch</b></p> <p>Watch, listen to see what your child is interested in Get down to their level</p> <p style="text-align: center;"><b>Wait</b></p> <p>Pause to see what your child asks/shows you Notice how they communicate-look, point, sound</p> <p style="text-align: center;"><b>Respond</b></p> <p>Copy what they are doing Make a sound/word to match what they're interested in, crunchy, cold. Point or gesture to help them tune into the word</p>										

# Flipchart templates

1. Session topics	2. Steps we're taking				
<p style="text-align: center;"><b>Session topics</b></p> <ul style="list-style-type: none"> <li>• Stepping stones review</li> <li>• Balancing act 3: needs and demands</li> <li>• Styles of parenting</li> <li>• Guidance and praise</li> <li>• Review and ending</li> </ul>	<p style="text-align: center;"><b>STEPS WE'RE TAKING</b></p> <p>What we've tried</p> <p>How things went</p>				
3. Styles of parenting	4. Limits and guidelines				
					
5. Limits and guidelines	6. Guidance and praise				
<p><b>When do we need family guidelines?</b></p> 	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: left;">Descriptive Guidance</th> <th style="width: 50%; text-align: left;">Descriptive Praise</th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;"> <p><i>Please come and sit down so we can enjoy our tea together.</i></p> </td> <td style="vertical-align: top;"> <p><i>Thanks for coming so quickly. Now we can chat while we have our tea</i></p> </td> </tr> </tbody> </table>	Descriptive Guidance	Descriptive Praise	<p><i>Please come and sit down so we can enjoy our tea together.</i></p>	<p><i>Thanks for coming so quickly. Now we can chat while we have our tea</i></p>
Descriptive Guidance	Descriptive Praise				
<p><i>Please come and sit down so we can enjoy our tea together.</i></p>	<p><i>Thanks for coming so quickly. Now we can chat while we have our tea</i></p>				

# Flipchart templates

1. Session topics	2. Steps we're taking
<p style="text-align: center;">Session topics</p> <ul style="list-style-type: none"><li>• Stepping stones review</li><li>• Healthy eating habits</li><li>• Tuning in to mealtimes</li><li>• Stepping stones for change</li><li>• Review and ending</li></ul>	<p style="text-align: center;">STEPS WE'RE TAKING</p> <p>What we've tried</p> <p>How things went</p>
3. Eating habits	
<hr/> <p style="text-align: center;">Healthy Eating Habits</p> <hr/> <hr/> <p style="text-align: center;">Less Healthy Eating Habits</p> <hr/>	

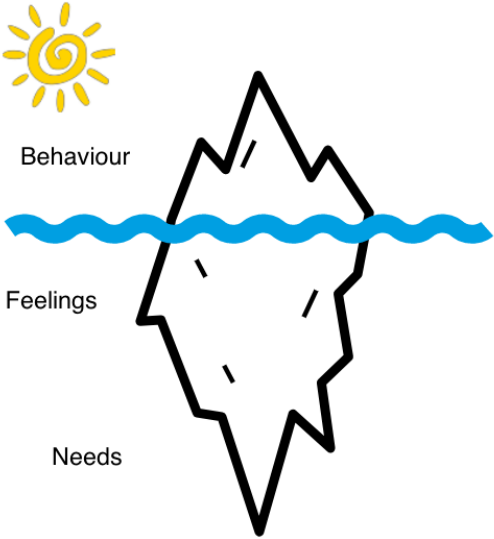
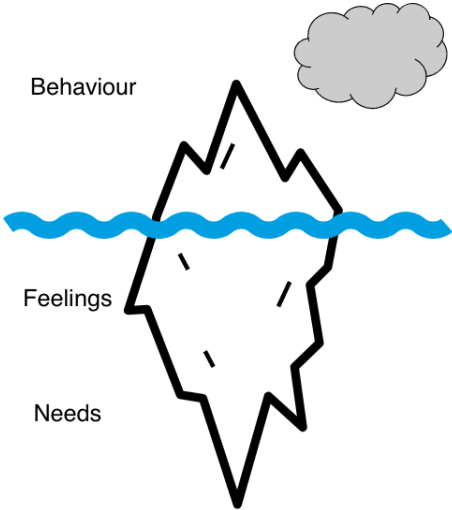

# Flipchart templates

Session topics	2. Steps we're taking												
<p style="text-align: center;">Session topics</p> <ul style="list-style-type: none"> <li>Stepping stones review</li> <li>Giving children choices</li> <li>Time to be active</li> <li>Stepping stones for change</li> <li>Review and ending</li> </ul>	<p style="text-align: center;">STEPS WE'RE TAKING</p> <p>What we've tried</p> <p>How things went</p>												
3. Giving children choices (Two copies)	4. Being active1 flipchart of each (babies, toddlers, preschool children)												
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%; text-align: center;">No choice</th> <th style="width: 33%; text-align: center;">Guided Choice</th> <th style="width: 33%; text-align: center;">Too much choice</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"> <p>We're off to the park. Let's get your coat on.</p> </td> <td style="text-align: center;"> <p>We're off to the park. Coat or boots on first?</p> </td> <td style="text-align: center;"> <p>Would you like to go to the park?</p> </td> </tr> </tbody> </table>	No choice	Guided Choice	Too much choice	<p>We're off to the park. Let's get your coat on.</p>	<p>We're off to the park. Coat or boots on first?</p>	<p>Would you like to go to the park?</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%; text-align: center;">Babies</th> <th style="width: 33%; text-align: center;">Toddlers</th> <th style="width: 33%; text-align: center;">Pre-school children</th> </tr> </thead> <tbody> <tr> <td style="height: 150px;"></td> <td></td> <td></td> </tr> </tbody> </table>	Babies	Toddlers	Pre-school children			
No choice	Guided Choice	Too much choice											
<p>We're off to the park. Let's get your coat on.</p>	<p>We're off to the park. Coat or boots on first?</p>	<p>Would you like to go to the park?</p>											
Babies	Toddlers	Pre-school children											

# Flipchart templates


2. Session topics	2. Steps we're taking				
<p style="text-align: center;">Session topics</p> <ul style="list-style-type: none"> <li>• Stepping stones review</li> <li>• Let's eat healthily</li> <li>• Healthy drinks</li> <li>• Stepping stones for change</li> <li>• Review and ending</li> </ul>	<p style="text-align: center;"><b>STEPS WE'RE TAKING</b></p> <p>What we've tried</p> <p>How things went</p>				
3. Looking at food	4. Looking at food				
<p style="text-align: center;">LOOKING AT FOOD</p> <ol style="list-style-type: none"> <li>1. Balancing your plate: food groups</li> <li>2. How we eat: healthy eating habits</li> <li>3. What we eat: first and finger goods, family meals, snacks and lunch boxes</li> <li>4. How much we eat: portions and portion sizes</li> <li>5. What's in our food: making sense of food labels</li> </ol>	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th data-bbox="922 954 1137 1072">First foods/ finger foods</th> <th data-bbox="1137 954 1353 1072">Family meals</th> </tr> </thead> <tbody> <tr> <td data-bbox="922 1072 1137 1395"></td> <td data-bbox="1137 1072 1353 1395"></td> </tr> </tbody> </table>	First foods/ finger foods	Family meals		
First foods/ finger foods	Family meals				
5. Looking at food					
<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th data-bbox="161 1559 416 1659">Snacks</th> <th data-bbox="416 1559 675 1659">Lunchboxes</th> </tr> </thead> <tbody> <tr> <td data-bbox="161 1659 416 1957"></td> <td data-bbox="416 1659 675 1957"></td> </tr> </tbody> </table>	Snacks	Lunchboxes			
Snacks	Lunchboxes				

# Flipchart Templates

1. Session topics	2. Steps we're taking
<p style="text-align: center;"><b>Session topics</b></p> <ul style="list-style-type: none"><li>• Stepping stones review</li><li>• Focus on feelings</li><li>• Soothing stress</li><li>• Let's listen</li><li>• Stepping stones for change</li><li>• Review and ending</li></ul>	<p style="text-align: center;"><b>Steps we're taking</b></p> <p>What we've tried</p> <p>How things went</p>
3. Feelings, behaviour and needs	4. Feelings, behaviour and needs
 <p>The diagram shows an iceberg floating in water. A yellow sun is in the top left. The water line is a blue wavy line. The iceberg is divided into three sections: 'Behaviour' above the water, 'Feelings' in the water, and 'Needs' below the water.</p>	 <p>The diagram shows an iceberg floating in water. A grey cloud is in the top right. The water line is a blue wavy line. The iceberg is divided into three sections: 'Behaviour' above the water, 'Feelings' in the water, and 'Needs' below the water.</p>
5. Creating calm (two copies)	
 <p>A blue thought bubble containing the text <b>CREATING CALM</b> in green capital letters. Three smaller blue circles lead from the bottom of the bubble.</p>	



# Flipchart templates

1. Session topics	2. Steps we're taking								
<p style="text-align: center;"><b>Session topics</b></p> <p>Stepping stones review            Healthy teeth            Let's go solution spotting            Family goals 2            Programme review</p>	<p style="text-align: center;"><b>STEPS WE'RE TAKING</b></p> <p>What we've tried</p> <p>How things went</p>								
3. Quick quiz	4. Solution spotting								
<ul style="list-style-type: none"> <li>• <i>How often should we visit the dentist?</i></li> <li>• <i>When should I stop brushing my child's teeth for them?</i></li> <li>• <i>How long should I or my child brush their teeth for?</i></li> <li>• <i>What toothpaste should be used for children's teeth?</i></li> <li>• <i>What's the best way to make sure the fluoride stays on the teeth after brushing?</i></li> <li>• <i>How much will an NHS dentist charge to see my child?</i></li> <li>• <i>What everyday objects will help with tooth brushing?</i></li> </ul>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; color: green;"><b>What's Going Well</b></td> <td style="text-align: center; color: orange;"><b>Challenges</b></td> </tr> <tr> <td style="height: 40px;"></td> <td style="height: 40px;"></td> </tr> <tr> <td style="text-align: center; color: green;"><b>How We Do It</b></td> <td style="text-align: center; color: green;"><b>How To Solve Them</b></td> </tr> <tr> <td style="height: 40px;"></td> <td style="height: 40px;"></td> </tr> </table>	<b>What's Going Well</b>	<b>Challenges</b>			<b>How We Do It</b>	<b>How To Solve Them</b>		
<b>What's Going Well</b>	<b>Challenges</b>								
<b>How We Do It</b>	<b>How To Solve Them</b>								
5. Completion Questionnaire									
<div style="text-align: center;">  <p><b>SCAN ME</b></p> <p><a href="https://links.henry.org.uk/Group-Completion">https://links.henry.org.uk/Group-Completion</a></p> </div>									