Skills practice topics – *Healthy Families Right from the Start*

Access to slide templates for online delivery: <https://www.henry.org.uk/groupprogrammeinfo/facilitators>

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| **Session 1 – What’s a healthy person**Lead in, whole group activity, start feedback and discussion*Watch HF video 1:* <https://youtu.be/8cSmz6x8p5M> *PULSE chart* resource**Session 2 – Balancing act 1: What we eat**Lead in, whole group activity, start feedback and discussion*Watch HF video 2:* <https://youtu.be/cSdFqRlX624> *Eatwell guide/Balancing a young child’s plate* resource**Session 3 – Balancing act 3: Styles of parenting**Lead in, whole group activity, start feedback and discussionA4 Parenting Styles ‘flipchart’ (optional)**Session 4 – Tuning into mealtimes**Lead in, whole group activity, start feedback and discussion*Watch HF video 4:* <https://youtu.be/09l1GT3QACo>  | **Session 5 – Guided choices**Lead in, whole group discussion*Watch HF video 5:* <https://youtu.be/F2BDtfNHvzs> **Session 5 – Family activity**Lead in, whole group discussion, start whole group activity*Watch HF video 5:* <https://youtu.be/F2BDtfNHvzs> A4 Active play ‘flipchart’**Session 6 – Let’s look at labels**Lead in, whole group activity*Watch HF video 6:* <https://youtu.be/gQc2FoqEsc4>**Session 7 – Understanding behaviour, feelings and needs**Lead in, whole group activity (go as far as you can in the time available)*Watch HF video 7:* <https://youtu.be/bJgBfKUPiHU> A4 Sunny day iceberg ‘flipchart’ (for reference)A4 Stormy day iceberg ‘flipchart’ |