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 discussion  A4 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’ |