



# Recruitment Event Support Pack

## Includes:

- HENRY Logo
- HENRY Photos and Quotes
- Example Recipes
- Example Active Play Ideas
- Picture of HENRY Parent Toolkit

## Suggestion:

- Print the pages out in colour
- Print more than one copy of any page you like
- Laminate the print-outs
- Use them alongside HENRY Parent Toolkit resources and HENRY leaflets and poster to support your recruitment event

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henry

Healthy Start, Brighter future



**“ HENRY has really changed my life and my children’s lives. I feel very happy and confident with what I feed my children. I am less stressed and me and my children enjoy family days out whilst getting loads of exercise. I really enjoyed the HENRY course ”**



“ HENRY is so much more than health, exercise and nutrition. It’s about how to change habits to help the whole family be happier and healthier in every way. I tell everyone I meet with a young child about this course now. I think everyone should do it – it was brilliant ”

## Let's make tuna and sweet corn pasta

### PREP TIME

10 minutes

### COOKING TIME

20 minutes

### EQUIPMENT

large saucepan  
medium saucepan  
tin opener  
wooden spoon  
sieve or colander

### INGREDIENTS

250g dried pasta  
1 quantity tomato sauce (see recipe page 159)  
1 tbsp tomato puree  
1 small tin (200g) of sweet corn in water, drained  
1½ tins (185g size) tuna in water, drained  
Ground black pepper

### LET'S GET COOKING!

- 1 Cook the pasta in a large saucepan of boiling water following the instructions on the packet. (Remember that pasta doubles in size when it is cooked.)  
Heat the tomato sauce, tomato puree, sweet corn, tuna and black pepper in the second saucepan, stirring gently until bubbling.
- 2 Drain the pasta using the sieve or colander.
- 3 Serve the pasta with the tuna and sweet corn sauce.

### SERVING SUGGESTIONS

- This can be mashed or chopped for older babies.
- Leftovers can be kept in the fridge and served cold as a snack or in a lunchbox the next day.

### TOP TIPS

- Children enjoy choosing the pasta shapes to cook for this dish.



## Let's make mini pizzas

### PREP TIME

5 minutes

### COOKING TIME

5 minutes

### EQUIPMENT

chopping board  
knife  
grater

### INGREDIENTS

½ red pepper, sliced (remove seeds)  
4-6 button mushrooms, sliced  
½ courgette, thinly sliced  
1 tomato, thinly sliced  
(or other vegetables you like)  
English muffins – allow 1 muffin per adult,  
½ muffin per child  
1 tbsp (about 15g) grated mature cheddar cheese  
per slice of muffin  
2 tsp tomato sauce (see recipe page 159)  
per slice of muffin

### LET'S GET COOKING!

- 1 Prepare the vegetables: wash, slice and remove any seeds.  
Grate the cheese.  
Turn grill on to medium to heat up.
- 2 Cut the muffins in half and put under the grill until just turning brown.  
Spread the tomato sauce on each slice, and add the grated cheese.
- 3 Arrange the sliced vegetables on top of the cheese.  
Cook under the grill for about 5 minutes or until the cheese is bubbling.

### SERVING SUGGESTIONS

- Serve the mini pizzas with potato wedges and salad or sticks of cucumber, carrot, pepper and chopped tomato.
- They can be kept in the fridge until the next day and then packed in a lunchbox.
- Cut into slices as finger food for older babies; include slices of vegetables they will find easy to hold and chew.
- Experiment with other toppings: chopped turkey, tinned tuna flakes, chunks of pineapple (tinned in natural juice) or cooked sweet corn (tinned or frozen).
- Use crumpets, French bread or pitta bread as a base instead of muffins.

### TOP TIPS

- Get the children involved by letting them choose their own toppings.



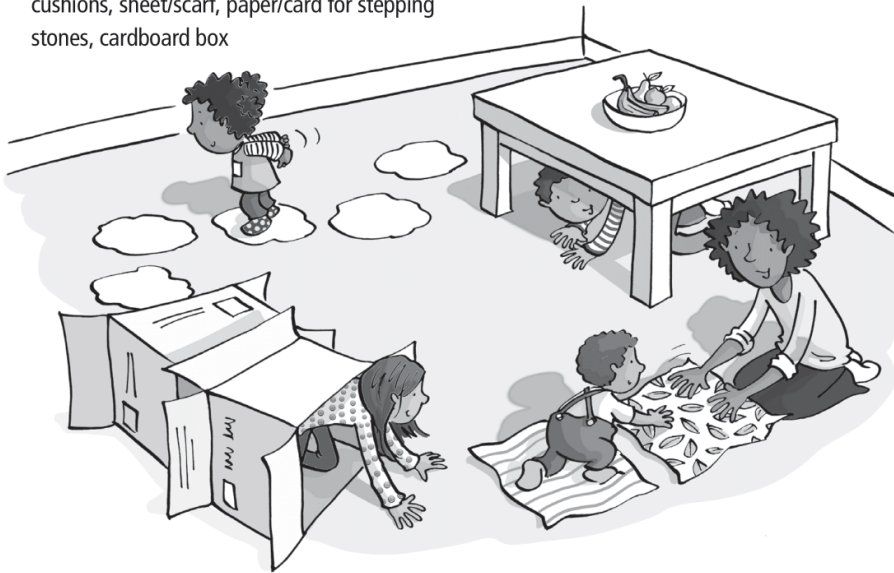
## Let's make an obstacle course

### What you need

A sheet, movable household items to crawl and climb over and under, e.g. stool, cushions, sheet/scarf, paper/card for stepping stones, cardboard box

### Where to find it

At home



### ACTIVITIES

#### Up to 12 months

Encourage babies to crawl through and over things, joining in where you can. You can add peek-a-boo games to encourage them, roll a ball for them to chase, etc.

#### 12 months–2 years

Place objects around the room or garden, varying the height and the distance between them, and encourage children to crawl under and over, climb over and through them. They can jump and skip between obstacles, too.

#### 2–5 years

Let children choose the obstacles, and make the course together. As they become more agile, add low jumps, commando-style crawling, objects to balance on. Keep it safe, helping children find their own agility level.

### And as they grow older...

Children will be increasingly creative, building more challenging obstacles.

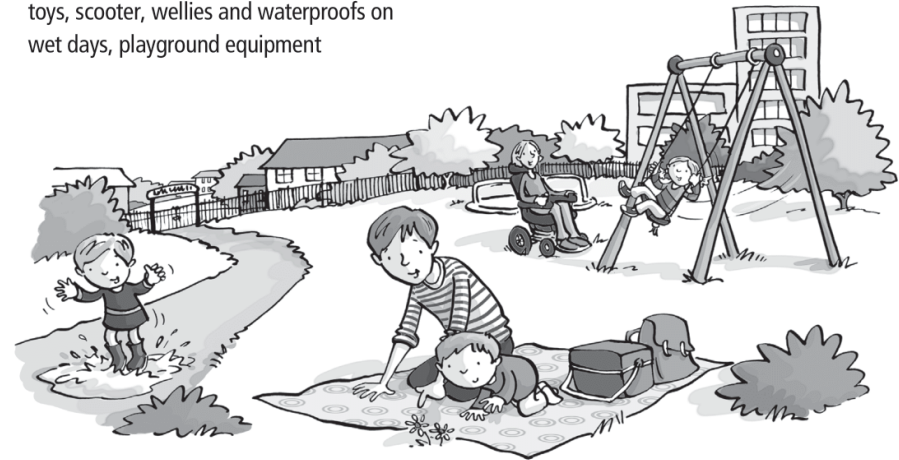
## Let's go to the park

### What you need

Rug, outdoor toys: e.g. ball, push-along toys, scooter, wellies and waterproofs on wet days, playground equipment

### Where to find it

At home, in the park



### ACTIVITIES

#### Up to 12 months

##### Swingtime

A gentle turn in the baby swing encourages kicking.

##### Rug play

Play ball games with your baby (see page 133). Encourage older children to bring safe items such as leaves for your baby to see and hold. Turn yourself into a human climbing frame for your baby to climb over, crawl under, etc.

##### Time to explore

When they're mobile, encourage your baby to explore the different world of the park, especially if you don't have a garden.

#### 12 months–2 years

##### Walk to the park

Encourage your child to walk all or part of the way to the park. Chat to them about what you see, step over pavement lines, play easy "I spy".

##### Puddle play

Encourage your child to splash through shallow puddles, look at reflections in the water, float leaves.

##### Spot the seasons

Spring: go from tree to tree to see which ones have leaf buds.  
Summer: find the flowers – and enjoy their colours and scents.  
Autumn: shuffle through leaves, throw them for the wind to scatter, collect conkers.  
Winter: make snow footprint patterns, build a snowman.

#### 2–5 years

##### Running games

Encourage children to play chase together – and with you – on the grass, around the trees, etc. Older children could hop so little ones can keep up. Run, hop, skip, jump from object to object; let the children choose, arrange stones as markers and so on. Use a watch or smartphone for timed races, e.g. run to tree and back.

##### Playground

With your supervision, encourage children to use the playground equipment – swing, slide, merry-go-round, hopscotch, climbing frame and anything else available.

### And as they grow older...

They can explore the equipment with more freedom and independence, hunt for minibeasts, and invent their own games of tag, marching soldiers, etc.

# HENRY Parent Toolkit



Provided free of charge to all parents joining a HENRY Group Programme