








Sample Referral Pathway

Healthy Families: Right from the Start programme



This table is a sample referral pathway for this HENRY programme. Local adaptation is encouraged.

Step	Stage	Actions	Who
1	Identifying the Issue 	<p>Look for parents / carers with one or more of the below:</p> <ul style="list-style-type: none"> • Parental anxiety about feeding a child (e.g. “My child only eats....”) • Parental weight status (Maternal obesity is biggest risk factor for child obesity) • Rapid weight gain in a baby or young child • Low confidence around parenting / providing a healthy lifestyle • Lack of enjoyment of family life (e.g. “I feel stressed all the time”) • Concern about a young child’s eating habits or weight (e.g. “He can only wear clothes for a much bigger child. Should I be worried?”) • Child’s weight status e.g. > 75th, 85th or 91st centile <p>Self-referrals – Parents may ask to join. Groups where some parents self-refer can help achieve positive results for all. Parents showing interest in healthy lifestyles often have very useful ideas to contribute.</p>	Practitioners
2	Raising the Issue* – when and how 	<p>Opportunities to talk about a healthy lifestyle:</p> <ul style="list-style-type: none"> • Child health clinics (particularly at 4 month vaccinations before families start introducing babies to solid foods) • Developmental checks (particularly NHS final universal review at 2 - 2½ years when height and weight are measured) • Conversations and workshops around introducing babies to solids • At preschools and nurseries • At Children’s Centres / Family Hubs • At meetings around starting school • When families receive National Child Measurement Programme letters about their children’s weight status • During Oral Health appointments <p>Use the HENRY approach at every contact:</p> <ul style="list-style-type: none"> • Look for parents’ strengths to praise and build upon • Explore parents’ ideas about their situation and what they would like to change, tapping into their own motivations • Support parents to identify their own solutions, suggesting the <i>Healthy Families: Right from the Start</i> programme <p>The Healthy Families Programme</p> <ul style="list-style-type: none"> • Help the family understand what the programme is like and that it helps them give their children the best start in life • Give them the <i>Healthy Families</i> programme leaflet • Let them know who will follow up with them 	Practitioners

3	Referral to HENRY Programme 	Contact the Local HENRY Coordinator Your local HENRY coordinator is: <ul style="list-style-type: none"> • FirstName LastName • 0123456789 • email@address.com <p>Once you have consent to make a referral from the family and share contact details, tell the local HENRY Coordinator about the family and reason(s) the programme could help. Securely share contact details.</p>	Practitioners
4	Follow-up with Family 	Contact the Family <ul style="list-style-type: none"> • The local HENRY Coordinator follows-up with a call or meeting • They tell them more about the programme, using the HENRY approach to build their motivation to join • Provide leaflet if not previously provided • Where possible, invite them to a 'Taster' Session. This will help them to gain more information about the aims and scope of the programme and the time commitment involved, so that they can make an informed decision to attend • Identify next available HENRY programme and book place 	HENRY Coordinator
5	Contact Pre-Programme 	Check-in with the Family <ul style="list-style-type: none"> • Call or meet the family in the week before the programme starts to check they still plan to join and build motivation, help them feel relaxed and welcome • If they seem reluctant, explore the issues with them to re-engage them. If they don't want to join leave them with contact information in case they would like to join a programme in the future 	HENRY Coordinator / Group Facilitator / 1-to-1 Practitioner
6	Deliver HENRY Programme 	Welcome the Family to the Healthy Families Programme <ul style="list-style-type: none"> • Help all participating families feel welcome and relaxed • Deliver the programme using the Facilitator Manual (groups) or 1-to-1 Practitioner Guide (1-to-1 programmes) 	Group Facilitator / 1-to-1 Practitioner
7	Follow-up 'DNAs' 	Contact Families who Did Not Attend <ul style="list-style-type: none"> • If any family misses a session then follow-up with them to check they are OK and try to re-engage them 	Facilitator / 1-to-1 Practitioner
8	Report back to Referrer	Update Referrer on Family's Progress <ul style="list-style-type: none"> • Once the programme has finished, contact the original referrer to update them on the family, including: <ul style="list-style-type: none"> • Whether they completed the programme • Whether they enjoyed the programme • What lifestyle changes they made • How they are feeling now about the original issue(s) and their confidence as a parent and to provide a healthy start • Any other changes or updates 	HENRY Coordinator

**Practitioner sign-posting and referral is the most effective way to reach the families who would benefit most from a HENRY programme, increase take-up of programme places, and change lifestyle*

Group or 1-to-1 programme

Where the *Healthy Families: Right from the Start* 1-to-1 programme is available consider this if a parent is already struggling with weight, multiple lifestyle issues, or with low self-esteem or confidence. The 1-to-1 programme covers the same content as the group version and uses the same resources, but offers an opportunity for more individual and intensive support tailored to need.