* *Healthy Families:* *Growing Up* programmes are for families with children 5 - 11 years
* Practitioner sign-posting and support is the most effective way to reach families who would benefit most from a HENRY programme and to increase uptake of programme places
* This pathway will help in identifying and requesting support for a family and in accessing local HENRY programmes. A sample ‘request for support’ form is also available
* Please adapt the pathway and form to make them applicable to your local context and services

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| --- | --- | --- | --- |
| **Step** | **Stage** | **Actions** | **Who** |
| **1a** | **Talking to families with children aged 5 to 11 years** | **Opportunities to talk about a healthy lifestyle:**   * At out-of-school clubs * At the school gate * School events - fetes, PTAs * To groups of parents in schools * Parent evenings * At meetings around starting school * At any point when National Child Measurement Programme checks are taking place (to be inclusive include all families) * During Oral Health appointments * Add your own ideas here | School nurses  Health Professionals  Out-of-school clubs and childcare providers  Leaders of clubs and groups  Primary School staff  Curriculum leads  Family Support staff  PTA organisers  Dental Health  GPs  Health Centres |
| **1b** | **Identifying the concern** | **Becoming aware of parents & carers whose families may benefit from a healthier lifestyle:**   * Low confidence around parenting / providing a healthy lifestyle * Lack of enjoyment of family life (e.g., “I feel stressed all the time”) * Chaotic lifestyle or lack of routine e.g., bedtimes, toothbrushing * Concern about a child’s eating habits or weight (e.g., “He can only wear clothes for a much older child – should I be worried?”) * Parents expressing anxiety about feeding a child (e.g., “My child only eats….”) * Excessive screen time, or food used to reward/comfort * Parental weight status (maternal obesity is the single biggest risk factor for child obesity) * Rapid weight gain in a baby or young child * Child’s own weight status (NCMP data)   HENRY programmes work well with a mix of parents – some who have been invited to join, and others who have heard about the programme and have asked to join. Each parent brings their own experiences and ideas which can help support change for all. |
| **1c** | **Supportive conversations** – when and how **\*** | **Use the HENRY approach at every contact:**   * Assess your surroundings and situation; seize the moment being mindful of confidentiality * Show empathy and understanding * Identify parents’ strengths; praise and build on positives * 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 *Healthy Families: Growing Up* programme | School nurses  Health Professionals  Out-of-school clubs and childcare providers  Leaders of clubs and groups  Primary School staff  Curriculum leads  Family Support staff  PTA organisers  Dental Health  GPs  Health Centres |
| **1d** | **Accessing a HENRY programme** | **Programme information:**   * Explain what the programme is like and how it can help them make family life easier and give their child a great start in life * Let them know that it is available online or face-to-face, either in a group with other parents or, on a 1-to-1 basis\*\* * Give them the *Healthy Families: Growing Up* programme leaflet and/or signpost to [here](https://www.henry.org.uk/sites/default/files/inline-files/HENRY%20HFGU%20leaflet_generic_2022.pdf) * Keeping up-to-date information on where programmes are running and how to access (paper form or online) is helpful * Complete the Request for Support form. Parents who request support themselves may feel more in control, confident and motivated. However, some parents might prefer that you help them to complete the form or that you do it on their behalf * Let the parent know who will follow up with them and when * Ensure you have their contact details and invite them to contact you if they need to |
| **2** | **Your local HENRY Coordinator** | **Contacting the local HENRY Coordinator**  Your local HENRY Coordinator can tell you when and where group programmes are running, help with access to 1-to-1 support and respond to enquiries. Please contact:   * FirstName LastName * Coordinator for HENRY * 0123456789 * [email@address.com](mailto:email@address.com)   If you are passing on a ‘Request for Support’ form to your Coordinator on behalf of a parent ensure you have permission from the parent and that details are securely shared (e.g., password protect). | Practitioners and professionals as above  Parents / carers |
| **3** | **Follow-up with family** | **Contact the family**   * The local HENRY Coordinator follows-up the request with a call or meeting with the parent * They tell them more about the programme, using the HENRY approach to build their motivation to join * Provide leaflet if not previously provided * Identify next available HENRY programme, book a place and send confirmation to parent * Where possible, invite them to a ‘Taster Session. This will help them gain more information about the aims and scope of the programme and usually helps them feel more comfortable and motivated to attend | HENRY Coordinator or Facilitators |
| **4** | **Contact Pre-Programme** | **Check-in with the family**   * Call or meet the family in the week before the programme starts to check they still plan to join and renew 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 or it is not convenient leave them contact information in case they would like to join a programme in the future and/or follow-up at a relevant point | HENRY Coordinator  HENRY Facilitator |
| **5** | **Deliver HENRY Programme** | **Welcome the family to the Healthy Families programme**   * Help all participating families feel welcome and relaxed * Build time into Sessions 1 and 8 to ensure that all parents complete a baseline and a completion questionnaire * Deliver the programme using the Facilitator Manual (groups) or 1-to-1 Practitioner Guide (1-to-1 programmes) | HENRY Facilitator(s) |
| **5a** | **Follow-up and ‘DNAs’** | **Contact families who do not attend**   * Keep in touch with families as they go through the programme –- reminder texts before a session can be helpful * If people miss Session 1 or other individual sessions reassure that they can catch up and still take part * Make contact where sessions are missed to make sure they are ok and to fill in any gaps and keep engaged * Follow-up with anyone who completes the programme (5 sessions or more) but doesn’t complete the completion questionnaire to remind or help them to fill it in |
| **6** | **Contact with referrers** | **Contact with those who refer families to HENRY programmes**   * Occasionally, professionals who refer families to HENRY programmes request feedback * Many professionals will be in touch with families they have referred and will find out how things are going directly without a need to request information from the programme provider * If it is agreed that information will be provided, we suggest brief facts along the following lines:   + whether parent completed the programme   + whether they enjoyed the programme   + what lifestyle changes they made, if known   + their confidence – as a parent & in providing a healthy family lifestyle | HENRY Coordinator |

\* **Practitioner training**

Talk to your HENRY Coordinator about HENRY training to build skills, knowledge and confidence in:

* supporting lifestyle behaviour change – HENRY Core Training
* having sensitive conversations & referral to HENRY programmes – *Raise, Engage, Refer* course

**\*\* Group or 1-to-1 programme**

The 1-to-1 version of the *Healthy Families: Growing Up* programme is something to consider if a parent is unable to join a group or doesn’t feel able to, especially where they and/or their child are already struggling with weight, multiple lifestyle issues, or with low self-esteem or confidence. It covers the same content as the group version and uses the same resources, but offers an opportunity for more individual and responsive support tailored.