

Top Tips

Delivering the 1-to-1 Programme

Please note: Only Facilitators who have completed the 1-to-1 Programme Familiarisation Training are permitted to deliver the 1-to-1 versions of the Healthy Families programmes. If you have not yet completed this training but are interested in delivering the 1-to-1 programme, please get in touch with your Coordinator or Partnership Support Officer for further details. A dedicated manual for the 1-to-1 programme is also available and should be used alongside the training.

Which families shall I recruit?

- families where a baby or young child has put on weight rapidly
- families where one or both parents are overweight
- if a child is eating a very limited range of food
- if there are any other concerns about a baby or young child's weight or eating habits
- if there are concerns parents or carers may lack the skills or confidence to provide a healthy lifestyle
- if parents or carers could benefit from a HENRY programme but would be reluctant to join a group - for example if English is not their first language, or if their child is under a Child Protection Plan

How can I recruit families?

Use HENRY's free leaflets, posters and other resources to let your community know about HENRY. Referrals to the 1-to-1 programme often come from:

- health visiting teams and community nursery nurses
- children's centres
- community nutrition and dietetic services
- working in conjunction with existing HENRY group programmes. Would some families with more complex needs struggle to attend a group and benefit from individual support?

How shall I get started with a family?

- arrange an introductory meeting to start building a relationship with a family, explain what the programme involves and explain how you will be focussing on the family's own goals - there is a guide to this session in your Facilitator Manual
- offer to visit jointly with a referrer at the family home or at a health clinic or children's centre
- ask about the family's hopes and expectations and negotiate practical arrangements
- show the family the HENRY book and/or free resources they will receive
- ask parents/carers to fill out the baseline questionnaire

How much time does 1-to-1 take?

- most practitioners find a visit to a family takes about 45 minutes to an hour
- some time is also needed before each session to read through the notes, and there is an evaluation form to fill out after each session
- some practitioners dedicate one or two days a week to their HENRY work and see 3 or 4 families in that time

How flexible can I be with the programme?

- because the programme is all about being parent-led, it can go at the parent's pace and be spread over longer than 8 weeks if needed or sometimes be completed in less time
- sometimes it can work best to offer sessions in a different order, for example if parents are introducing solids to a baby, it might make sense to look at Tuning In to Mealtimes before Needs and Demands, and/or Let's Eat Healthily before looking at Time to Be Active
- you can also spend more time where it is needed and cover other topics with a 'light touch'; for example, if a family is already very active, you may not need to spend as much time on 'Time to Be Active'

- do cover all topics, and participants must attend at least 5 sessions to be considered a completer

How many sessions count as completion?

- working 1-to-1 can be quite intense for both parents or carers and practitioners. It's ideal to visit weekly and deliver each session in the programme, but if this is not possible, we would still like to evaluate work completed. Please ask parents/carers to fill out the completion questionnaire if they have worked through 5 sessions.

What support will I get?

- let your HENRY Coordinator know as soon as you start working with a family so that regular support can be arranged according to need
- as sessions can sometimes be quite intense, you may find it helpful to debrief afterwards with either a colleague or your Coordinator
- the forms and guidance for delivering the 1-to-1 programme can be found on the practitioner pages [here](#)