

# Top Tips

## Signposting to the *Healthy Families: Growing Up* Programme

### What is the HENRY programme?

The *Healthy Families: Growing Up* programme (sometimes known as 'HENRY') is running locally:

- It is a free 8-9 session, evidence-based programme which supports families with children aged 5-12 years to develop a healthier lifestyle for the whole family
- It supports physical and emotional wellbeing, and covers topics such as nutrition, physical activity, portion sizes, family mealtimes, screen time, sleep, body image and self-esteem, looking after yourself, exploring feelings and managing behaviour
- It is delivered in a group setting, or sometimes 1-to-1 in a family's home. It can be delivered online or face-to-face. This varies by area and your local HENRY Coordinator will be able to clarify this
- Parents and carers need to participate in a minimum of 5 sessions to complete a programme
- Parents and carers are supported to set realistic goals for change at their pace, based on their knowledge of their own family and circumstances. These could relate to being more active, eating more healthily, looking after themselves, putting in place good routines, parenting strategies or other aspects of family life
- Parents and carers tell us they enjoy the relaxed, informal and supportive atmosphere and the opportunity to share experiences and ideas with other parents and carers. Parents and carers' ideas are valued and integral to the programme. They are supported to choose which ideas or strategies will work best for them
- Each parent receives a free set of helpful family resources – see below
- The programme is holistic – covering all aspects of family life
- It is solution-focused – it doesn't dwell on problems, but looks at solutions that will work

### What the *Healthy Families* Programme is not:

Sometimes there can be misconceptions of the programme. Here are some common ones: it is **not**:

- 'Like school' – Facilitators work in partnership with parents and carers and don't tell them what to do. Each family is unique and is supported to identify and achieve goals that will work for them. Within that support Facilitators provide information on e.g. whole-family nutrition; they introduce ideas, strategies, resources and tips
- Judgemental – each family has strengths and we work with them to build on these
- A weight management programme – no one is weighed or measured, we don't talk about calories or diets, or 'bad' foods. The programme engages parents and carers positively in thinking about how they can achieve a healthier lifestyle through change that can be sustained in the long term
- Focused just on children – the programme supports the whole family to make changes. It helps parents and carers understand the value of modelling choices and behaviours for their children

### Who might benefit?

Anyone who has a child aged 5-12yrs. Every family will benefit in some way. But any of the following types of comments from parents and carers are indicators that they could particularly benefit:

- "My child won't go to bed"
- "I struggle to get my children off their screens/to brush their teeth/to get ready for school on time"
- "Mealtimes are a battle"
- "I don't know how to deal with my child's behaviour/tantrums"
- "We eat a lot of takeaways/ready meals" or "We eat the same things all the time"

- “My child’s a fussy eater/not eating enough”
- “My child is wearing the next sized clothes”
- “I’m struggling to cope” or “I’m feeling overwhelmed/not enjoying being a parent”
- “I’m confused by all the information out there for parents and carers”
- “I’d like us to spend more time together as a family”

#### How can parents and carers access HENRY programmes locally?

- Contact your local HENRY Coordinator [www.henry.org.uk/whatson](http://www.henry.org.uk/whatson)

If you have any queries contact HENRY on 01865 302973

#### HENRY Parent Toolkit

Each family joining a *Healthy Families* programme receives a free set of helpful family resources. This includes a parent book, food label decoder and colourful charts including Healthy Food Swaps. Me-Sized Meals and Balancing a Child’s Plate.