

# Top Tips

## Signposting to the *Preparation for Parenthood* Programme

### What is the HENRY programme?

The *Healthy Families: Preparation for Parenthood* programme (sometimes known as 'HENRY') is running locally:

- It is a free 6 session programme offered during pregnancy which supports participants to look after themselves during pregnancy and beyond and give their baby a great start in life. It focuses on developing a healthy lifestyle for the whole family. Partners or family are encouraged to attend alongside expectant mothers
- It supports physical and emotional wellbeing, and covers looking after yourself during pregnancy; what to expect with a newborn, meeting babies' needs and life as a growing family
- It is delivered in a group setting at local venues. It can be delivered online or face-to-face. This varies by area and your local HENRY Coordinator will be able to clarify this and confirm venues
- Participants need to attend a minimum of 4 sessions to complete a programme
- Participants are supported to set realistic goals for healthier lifestyles at their pace, based on their knowledge of their own circumstances. These could relate to being more active, eating more healthily, self-care, or putting in place good routines etc
- Participants tell us they enjoy the relaxed, informal and supportive atmosphere and the opportunity to share experiences and ideas with others. Their ideas are valued and integral to the programme. They are supported to choose which ideas or changes will work best for them
- Each participant receives a free set of helpful resources - see below
- The programme is holistic - covering all aspects of pregnancy and family life with a baby
- 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 participants and don't tell them what to do. Each participant is unique and is supported to make choices and identify and achieve goals that will work for them. Within that support, Facilitators provide information and introduce ideas, strategies, resources and tips
- Judgemental - each participant 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 participants 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 participants to prepare for baby's arrival and give them a great start in life, as well as recognising the benefits of looking after themselves and getting ideas for how to do this

### Who might benefit?

Anyone expecting a baby from 20 weeks of pregnancy. Everyone will benefit in some way. Any of the following types of comments from parents and carers are indicators that they could particularly benefit:

- "I'd like to understand how my baby is developing during pregnancy and how I can support this"
- "I want to be healthier and give my baby a healthy start in life but don't know where to start"
- "There's so much information out there about pregnancy and caring for babies, it's hard to know what to do for the best"

- “I’d like to know more about options for feeding my baby so I can make an informed choice”
- “I’m anxious about labour and have questions about how best to prepare for and cope with it”
- “How can I keep my baby safe and meet its needs?”
- “What should I do when my baby cries?”
- “I’d like to meet other expectant parents so that I can build friendships and have support during pregnancy and once baby has arrived”
- “I’d like ideas for how best to support my partner/daughter/sister/wife during pregnancy, labour and beyond”

### 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 Resources

Each participant joining a *Preparation for Parenthood Healthy Families* programme receives a free set of helpful family resources. This includes a cotton shopper bag containing helpful charts and booklets on babies development, sleep, infant feeding, staying active and eating healthily during pregnancy and beyond, and more.

