

What do other parents say about it?

- ★ 97% of parents would recommend it
- ★ 89% feel more confident as a parent

"After attending HENRY things are much easier for me to manage. I feel our house is much happier thanks to all I have learnt with HENRY as I have a lot more confidence in my parenting skills."

Southend parent from HENRY programme

What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.



The HENRY toolkit will help you give your child a great start in life, get the whole family involved, and keep track of how well you're doing.

How can I join a programme?

Contact: **Patrizia.pessenda-garcia@henry.org.uk/07519109875** or **megan.stannett@henry.org.uk/07851 251519** for details of upcoming **FREE** HENRY programmes in the A Better Start Southend areas.
Alternatively, find upcoming programmes at: **www.abetterstartsouthend.co.uk/events**



A Better Start Southend is a 10-year test and learn programme funded by The National Lottery Community Fund to transform the lives of children in Southend. For more details visit:

www.abetterstartsouthend.co.uk



To see if you are in A Better Start Southend area:
www.abetterstartsouthend.co.uk/locations

For more information about HENRY and other A Better Start Southend projects go online:

 **www.abetterstartsouthend.co.uk/henry**

 **@ABSSouthend**

 **facebook.com/HENRYSouthend**

 **07519109875**

HENRY: Charity number 1132581 | Company number 6952404



A great start for babies and young children

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in.

The HENRY programme is **FREE** to join and helps you give your child the best possible start in life.



FREE
programme
for parents &
children 0-4th
birthday in
Better Start
areas

www.henry.org.uk

www.abetterstartsouthend.co.uk

About the programme

The HENRY programme in the Better Start Southend areas is for parents or carers of children aged 0 to 4th birthday. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.



The HENRY *Healthy Families: Right from the Start* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- ★ Parenting confidence
- ★ Physical activity for little ones
- ★ What children and families eat
- ★ Family lifestyle habits
- ★ Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

Weekly sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

- Week 1** – Decide what changes you want to make and set your own goals
- Week 2** – How to juggle life with young children so you all get what you need
- Week 3** – How to respond to children's needs without giving in to all their demands
- Week 4** – Positive mealtime tips for a happy family – reducing mealtime stress for everyone
- Week 5** – Ideas for active play to help children learn, develop and stay happy
- Week 6** – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps
- Week 7** – Understanding and managing your child's behaviour for a happier home
- Week 8** – Celebrate your success as a parent and plan the future for your family

"It's been brilliant, it's helped to get things done as a family."

Shoebury parent from HENRY programme



Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you are in a Better Start area, have at least one child under 4 and can answer 'yes' to any of the questions below then HENRY is for you:

- ★ Would you like to feel more confident as a parent?
- ★ Would you like some support to give your child a healthy start?
- ★ Do you wish your child would eat more fruit and vegetables?
- ★ Would you like to reduce mealtime stress?
- ★ Would you like to enjoy being active together as a family more often?
- ★ Are you interested in some ideas to get children away from the TV?

What is HENRY?

HENRY is a UK charity working to give babies and young children a healthy start in life.