

A commissioner guide to HENRY

Healthy weight

Emotional wellbeing

Parenting skills | Oral health

Nutrition | Healthy habits

Physical activity | Infant feeding

Introducing solids

Antenatal interventions

Practitioner training

Community development



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“HENRY is central to our strategy to promote a healthy start across Leeds – the programmes are excellent and parents gain so much from them. I would highly recommend HENRY.”

Head of Public Health (Children & Families),
Leeds Public Health Team

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Introduction to HENRY

We are passionate about babies and young children getting the best possible start in life.

Since we began in 2008:

- ▶ HENRY has become the leading national provider of services to support a healthy start – working in over 30 local authority areas
- ▶ Over 14,000 thousand parents have taken part in HENRY programmes to transform family life for the better
- ▶ HENRY training has equipped over 13,000 health and early years practitioners with the skills and confidence to provide effective support to families
- ▶ Volunteer-led peer support projects are building more resilient communities

“I’ve realised that being healthy is not just about food, but family life in general.”

What we offer

- **Practitioner Training**
To provide effective support for lifestyle behaviour change
- **Family Support**
A wide range of workshops, programmes, resources and online help
- **Community Development**
Capacity building and engagement



What do we mean by ‘a healthy start’?

All the things that children need – from pregnancy to starting school – for lifelong physical and emotional wellbeing, and to achieve their potential.

HENRY interventions support:

- Parental wellbeing and parenting skills
- Secure and loving parent-child relationships
- Breastfeeding
- Healthy eating for the whole family
- An active lifestyle
- Healthy family routines
- Oral health
- Speech and language development



Our family support services really work

- **97%** of families who join a HENRY family programme make positive lifestyle changes
- Independent academic evaluation shows that families make long-term lifestyle changes and parents themselves often describe our support as 'life-changing'

Our practitioner training is transformative

- **99%** say it met or exceeded expectations
- **71%** are still using the skills they develop 5 years later

“Excellent, inspirational training. I feel it’s essential for all those supporting parents with 0-5s.”

Why a healthy start is so important

“The foundations for virtually every aspect of human development – physical, intellectual and emotional – are laid in early childhood. What happens during these early years (starting in the womb) has lifelong effects on many aspects of health and well-being– from obesity, heart disease and mental health, to educational achievement and economic status.”

Professor Sir Michael Marmot – Fair Society, Healthy Lives, 2010

A healthy, happy start in life lays the foundations for a brighter and healthier future. Here are some of the reasons why:

▶ **A crucial opportunity to reduce health inequalities**

A child’s early home environment and relationships profoundly shape future health, emotional wellbeing, educational achievement and economic status.

www.henry.org.uk/crucialtime

▶ **A window of opportunity**

Families have more contact with services in the early years, they are more receptive to support and motivated to make changes.

www.henry.org.uk/easier-right-from-the-start

▶ **It’s easier right from the start**

Establishing a healthy lifestyle early on is much more effective than trying to change habits later. Obesity, for example, is hard to reverse – only 1 in 20 children who are obese at age 5 will return to a healthy weight by age 11.

www.henry.org.uk/laying-foundations-future-health

▶ **Return on investment**

Investing in early years obesity prevention and child development is a cost-effective use of limited public health funds.

www.henry.org.uk/valueformoney

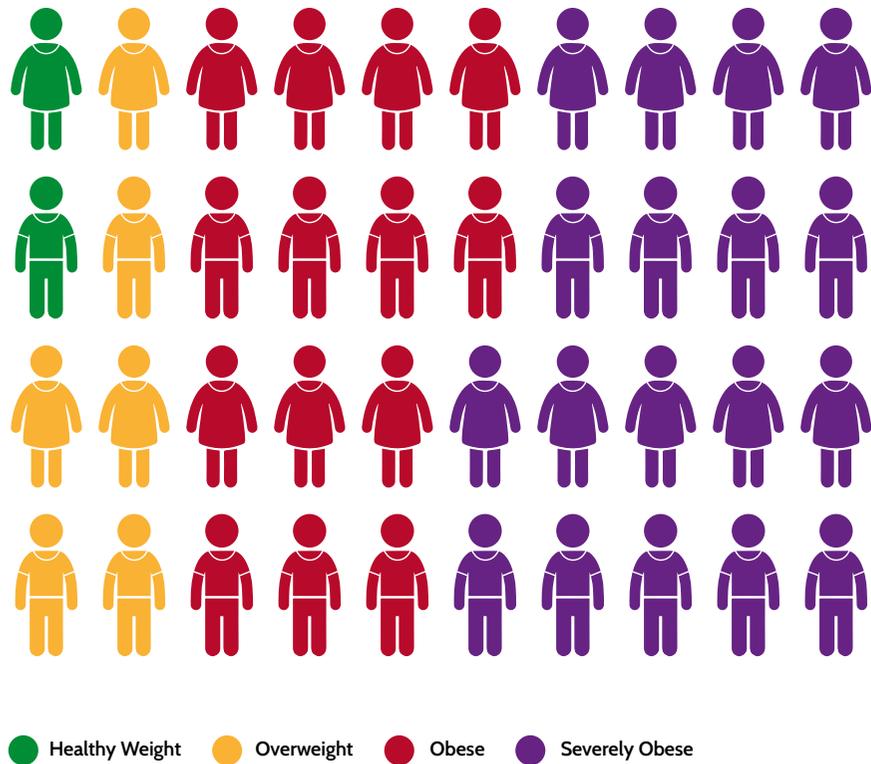
“HENRY is nurturing not patronising. It offers a supportive way of helping families create better environments for children to grow up in, so that everyone can be happier and healthier.”



An illustration of why early years are so vital

Shockingly, only 1 in 20 children who are obese at age 5 return to a healthy weight by age 11

The graphic below shows the predicted weight status at Year 6 of children who are obese at Reception.



Graphic adapted from: *Changes in weight status of children between the first and final years of primary school. Public Health England 2017*



Evidence base

HENRY was developed in response to an identified gap: for a practical intervention to deliver the evidence-based strategies contained in Professor Mary Rudolf's report for the Department of Health *Tackling Child Obesity through the Healthy Child Programme: a Framework for Action*.

HENRY brings together the protective factors – identified through research – to prevent child obesity and promote a healthy start:

- Effective support for parents
- Parenting efficacy
- Family lifestyle habits
- Emotional wellbeing
- Nutrition
- Physical activity
- Sleep
- Breastfeeding

Evidence-based practices

Our holistic approach to supporting families change lifestyle habits incorporates proven behaviour change models:

- Family Partnership Model
- Strengths-based, solution-focused support
- Motivational interviewing



Impact of HENRY

HENRY has the strongest evidence-base of any UK healthy early years programme. Peer-reviewed evidence shows HENRY works:

- ▶ Families make and sustain statistically significant improvements in family lifestyle and parenting efficacy
- ▶ Our training has a lasting impact on practitioner skill and confidence
- ▶ Our training leads to improved practice in early years settings – in both nutrition and physical activity

Based on current evidence of our effectiveness a pilot RCT of HENRY is in progress funded by the National Institute of Health Research.

Want the details?

Full details of HENRY's evidence-base, published papers and methodologies are at www.henry.org.uk/evidence-base

Family lifestyle outcomes

Families make and sustain positive lifestyle changes following a HENRY programme. Statistically significant changes include...

Increased:

- Consumption of fruit and vegetables
- Parenting self-efficacy
- Family physical activity levels
- Family meal times
- Happiness

Decreased:

- Consumption of food high in fat or sugar
- Consumption of sugary drinks
- Screen time and TV meals
- Parental stress

Practitioner training outcomes

Independent longitudinal evaluation found:

- Increased practitioner confidence to tackle lifestyle issues
- Practitioner support for parents leads to tangible family outcomes
- Health Visitors and other early years workers use the knowledge and skills gained on HENRY training for many years
- Sustained positive lifestyle changes in practitioners' personal lives – highlighted as vital for credibility by the Boorman Review
- Positive changes in early years settings – including age-appropriate portion sizes

The HENRY approach

Research shows that advice alone doesn't achieve lifestyle change. The HENRY approach is our unique and highly effective method of working with parents – it routinely achieves sustained positive lifestyle change and helps parents provide a healthy start in life. It underpins all our training and family support.

The HENRY approach:

- ▶ Integrates evidence-based behaviour change models with national guidance on a healthy start – nutrition, activity, oral health and more
- ▶ Focuses on both 'message' and 'messenger' – see table opposite
- ▶ Enables practitioners to create the conditions for change, by building parental confidence and motivation
- ▶ Supports parents to provide the quality of parent-child relationships and family lifestyle that gets children off to a healthy start

“I've been through six other programmes before HENRY, this was the first time I felt like I was in control of what I wanted to change.”

The HENRY Approach	
The message: a healthy lifestyle	The messenger: creating conditions for change
<ul style="list-style-type: none"> • Parenting skills • Healthy family routines • Balanced diet • Physical activity and sleep • Emotional wellbeing • Breastfeeding 	<ul style="list-style-type: none"> • Relationships based on trust and respect • Working in partnership with families • Empathy • Strengths-based • Solution-focused • Building motivation for change

HENRY-trained practitioners or volunteers help parents to:

- Build family resilience and take control of their lives
- Identify lifestyle goals – and ways to achieve them – that work for their family
- Put key healthy lifestyle messages into practice in everyday life
- Sustain lifestyle changes
- Contribute to a healthier community culture



Access to skilled and strengths-based support is a vital part of any local strategy to help the most at-risk families make and sustain lifestyle change.

HENRY's multi-layered services sit within a whole-systems approach to promoting healthier lifestyles and obesity reduction across a local population. This brochure sets out the services HENRY can provide within this model. They include:

- Workforce development and training
- Family support services
- Community development and engagement, including volunteer-led initiatives



HENRY can provide any or all these elements tailored to local need

We work in partnership with commissioners to deliver services and programmes that integrate with local public health strategies and wider environmental measures.



Working in partnership with parents is at the heart of our work. Our range of universal and targeted interventions – including family programmes and workshops with a strong evidence-base – offer flexible packages of support to help families provide a healthy, happy start in life.

Underpinned by research

Our family support is informed by the multiple factors that enable a healthy start, protect against obesity, and offer support for physical and emotional wellbeing throughout childhood and beyond



“I have changed my whole family’s eating habits for healthier ones and we all feel better for it. We spend more time together and enjoy each other’s company now. Every parent should have the chance to do this course.”

HENRY family support services work because:

- ▶ They focus on solutions
- ▶ They build on strengths and promote self-efficacy
- ▶ They integrate evidence-based models to develop motivation and support lifestyle change

Family services outcomes

- **83%** completion rate
- **98%** approval rating
- **75%** of families continue to lead healthier lives
- **45%** of children eating ‘5-a-day’ compared with a national average of 16%
- **72%** make positive parenting changes

Our family support services cover:

- Healthy weight
- Diet & nutrition
- Healthy lifestyle habits
- Oral health
- Emotional wellbeing
- Parenting skills
- Parent-child relationships
- Physical activity
- Sleep
- Infant feeding
- Speech & language
- Antenatal support
- School readiness

We can provide any or all of these services through a range of delivery models tailored to local need – see page 28.

Healthy Families has the strongest evidence-base of any national early years child obesity intervention in the UK thanks to our holistic, whole-family approach. Delivered in areas of deprivation – often with high ethnic diversity – family outcomes and approval ratings are consistently high across all groups.

Length:	8 weeks, 2.5 hour weekly sessions
Audience:	Parents/carers with children aged 0-5
Purpose:	To support parents of at-risk children provide a healthier, happier start in life, family lifestyle and home environment
Delivery method:	Group or 1-to-1

The programme covers:

- Practical, authoritative parenting skills for a healthy lifestyle
- Increasing self-esteem and emotional wellbeing, so children start school ready to learn
- Changing old habits and adopting a healthier family lifestyle
- Setting and achieving goals
- Active play ideas and getting active as a family
- Oral health
- Portion sizes, first foods and snack swaps
- Food groups, food labels, and much more



Healthy Families carries the
CANparent Quality Mark

“This programme changed my life. We are all so much healthier and happier.”



Healthy Families can be:

- A Tier 1 or Tier 2 healthy weight intervention
- A Universal, Universal Plus, or Universal Partnership Plus intervention
- Your main early years parenting pathway

Starting Solids

Length:	2 hours (groups) or 45 minutes (1-to-1)
Audience:	Parents/carers with children 3-6 months
Purpose:	To support parents of babies to introduce solid foods in a way that helps develop healthy eating habits and food preferences
Delivery method:	Group or 1-to-1

“I’m so glad I did this. It was a great introduction to a very confusing thing. The HENRY ideas worked a treat.”

A window of opportunity

Evidence increasingly identifies the introduction of solid foods as a crucial moment to:

- ▶ Encourage healthy eating habits
- ▶ Develop healthy food preferences
- ▶ Reduce fussy eating
- ▶ Help prevent obesity

This intervention:

- Supports the healthy introduction of solid foods at 6 months
- Familiarises babies with a wide range of tastes and textures to develop long-term healthy food preferences
- Includes session plans and supporting resources for parents
- Guides parents through what can be a stressful milestone





A range of stand-alone *Healthy Families* workshops which provide key information, confidence-building and peer-support for all families.

Length:	1 to 2 hours
Audience:	Parents/carers with children 0-5 years
Purpose:	To support all parents to provide a healthy start for their children
Delivery method:	Groups

Workshops can also act as 'taster sessions' for the *Healthy Families* programme for families with entrenched lifestyle habits – a useful mechanism for identifying and recruiting families to the programme.

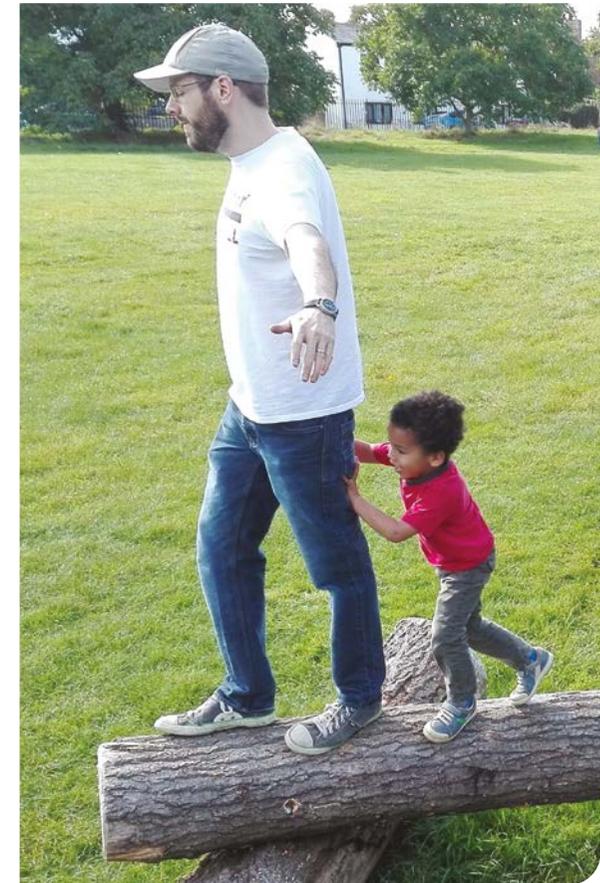
“Really informative, learned lots of new things. Interesting group exercises. Great engaging facilitators.”



Workshop themes:

- Starting solids (see page 14)
- Eating well for less
- Let's get active
- Fussy eating
- Healthy food swaps
- Healthy drinks for young children
- Portions and portion sizes

Details of workshop content is available – give us a call.



Cooking for a Healthy Family programme

A practical programme to build parents' skills, confidence and knowledge with food preparation, cooking, and ideas for healthier family meals.

Length: 6 weeks, 2-hour weekly sessions
Audience: Parents/carers with children 0-5 years
Purpose: To build skills and confidence in cooking healthier family meals
Delivery method: Groups

"I am making healthier meals for us all and we're really enjoying them."

Cooking for a Healthy Family is a stand-alone programme, but many families benefit from joining HENRY's *Healthy Families* programme either before or after completing the cooking programme.

The programme covers:

- What is healthy eating – simple ways to make typical family meals healthier
- What's in our food – understanding food labels to make healthy choices
- Food safety
- Healthy food swaps – how to reduce foods high in fat and sugar in cooking, alternative ingredients, and lunch box ideas
- Eating well for less – planning skills, making cost effective healthy food choices when shopping
- Portion sizes for the whole family
- Reducing mealtime stress





HENRY delivers family support services across other key components of a healthy start. Our offer includes:

- ▶ **Antenatal healthy weight** - a targeted 6-week programme for obese mothers, as well as a universal brief intervention delivered by midwives
- ▶ **Breastfeeding & infant feeding** - practical and emotional support to new mothers on breastfeeding, mixed feeding, bottle-feeding and introducing solids. HENRY practitioners help mothers get the best from their choice of feeding method - for themselves and their baby
- ▶ **Oral health** - practitioner training and direct support for families to reduce sugar consumption, improve toothbrushing, and access dental services
- ▶ **Speech & language** - services to help children develop communication skills

HENRY can work with you to tailor these services to suit your needs.





HENRY training has strong evidence of effectiveness. It is designed to build the skills of practitioners working with parents of babies and young children, or in early years settings, to provide effective support for families and children in achieving a long term healthier lifestyle – we call this ‘the HENRY approach’ (see page 10).



Messages from research:

- ▶ Information alone does not lead to sustained change
- ▶ Helping families adopt a healthier lifestyle depends largely on practitioner skill in building parents’ confidence and motivation to make changes
- ▶ Practitioners often lack skills and confidence to raise the issue of lifestyle, or to support behaviour change

HENRY training leads to more effective practice because we:

- ▶ Integrate evidence-based models to develop motivation and support behaviour change
- ▶ Highlight strengths and promote self-efficacy
- ▶ Focus on solutions

Practitioner training outcomes

After 13,000 practitioners trained:

- **94%** improve skills, knowledge and confidence to support a healthy start
- **97%** had expectations met or exceeded
- **71%** use HENRY skills more than 12 months after training
- **67%** apply HENRY knowledge and techniques in their personal lives

Bespoke training

We can develop bespoke training tailored to your needs, including for community volunteers.

Learning Outcomes

Contact us for detailed learning outcomes of our training courses.

APPROVED BY



ROYAL SOCIETY
FOR PUBLIC HEALTH

Our suite of training courses is accredited by the Royal Society for Public Health



Length: 2 days

Audience: Health and early years practitioners

Purpose: To develop skills, knowledge and confidence to support a healthy start in life

“Excellent content, well delivered. I have thoroughly enjoyed it and am sure to make positive changes to my practice as a result. I would highly recommend it.”

Key content

- The importance of early years for lifelong wellbeing and obesity prevention
- Risk and protective factors for child obesity and a healthy start
- The 5 elements of a healthy start – parenting, lifestyle habits, nutrition, physical activity and emotional wellbeing
- Working in partnership with families – a strength-based, solution-focused approach to supporting behaviour change
- Emotional dimensions of change – links between behaviours, feelings and needs – and the power of empathy as a catalyst for change
- National guidance on healthy nutrition and physical activity for babies and young children

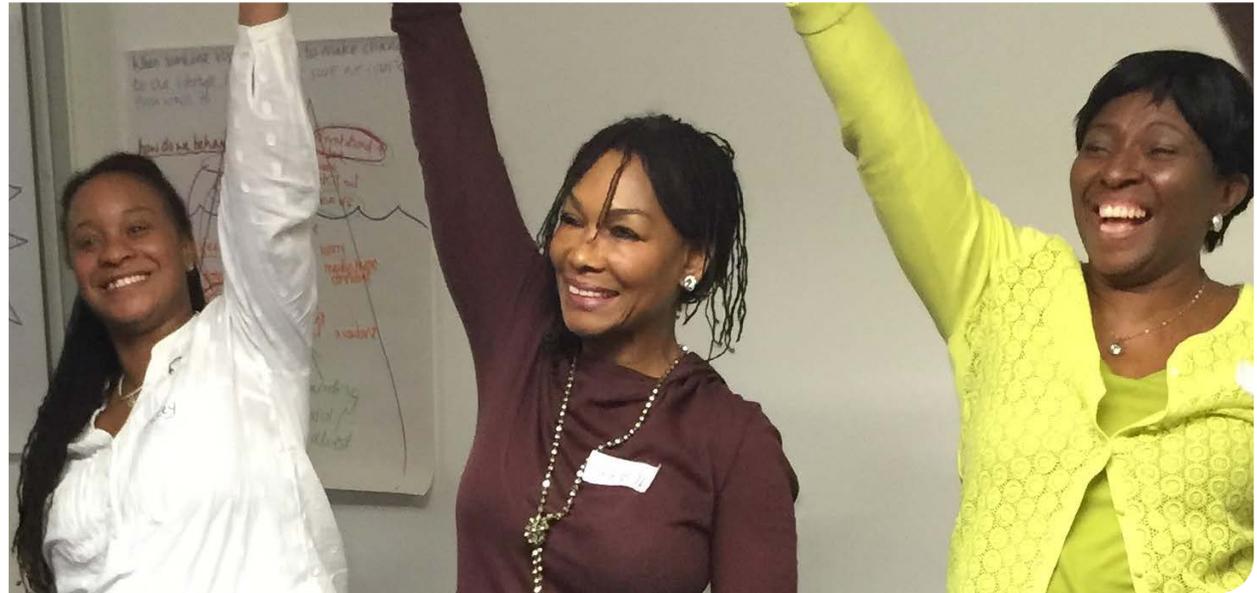


Group Facilitation Training

Length: 2 days

Audience: Health and early years practitioners who have completed Core Training

Purpose: To develop skills to deliver HENRY group programmes and workshops



Key content

- Facilitation skills to deliver our interactive group programmes using the HENRY approach
- Building on parents' strengths
- Skills and confidence to manage issues that can arise in groups – listening, empathy and solution-focused support
- Familiarisation with content of our programmes and workshops
- Introduction to programme manuals and resources

Following this training practitioners can deliver:

- Healthy Families: Right from the Start programme (page 13)
- Cooking for a Healthy Family programme (page 16)
- Healthy Families workshops (page 15)



“I’ve worked in Early Years for over 15 years and this is without doubt the best training I have ever been on.”

Length: 1 day

Audience: Health and early years practitioners who have completed Core Training

Purpose: To develop skills to deliver HENRY 1-to-1 programmes to at-risk or isolated families

Key content

- Skills to deliver the responsive 1-to-1 programme using the HENRY approach
- Building on parents' strengths
- Skills and confidence to manage issues that can arise when working 1-to-1 – listening, empathy and solution-focused support
- Familiarisation with programme content including programme manual and resources

“Best training. Really looking forward to working 1-to-1 with families to achieve better outcomes for children.”

Give us a call!

- ▶ We can discuss your needs and circumstances
- ▶ Decide on the most suitable service elements and delivery model
- ▶ Provide a proposal and quote



Starting Solids Training

Length: 1 day

Audience: Health and early years practitioners who have completed Core Training

Purpose: To develop skills to deliver our Starting Solids intervention – group or 1-to-1 – to help build healthy eating and feeding habits at this critical stage

“It was a really great training. I’m excited and feeling confident to support families to introduce solids as it’s such a crucial moment.”

Key content

- Complementary feeding – national guidance, research evidence and best practice
- Familiarising babies with a wide range of tastes and textures to develop long-term healthy food preferences
- Responsive feeding
- Skills to deliver the intervention interactively, building on parents’ strengths
- Supporting parents to introduce solid food successfully through what can be a stressful time





Length: 1 day

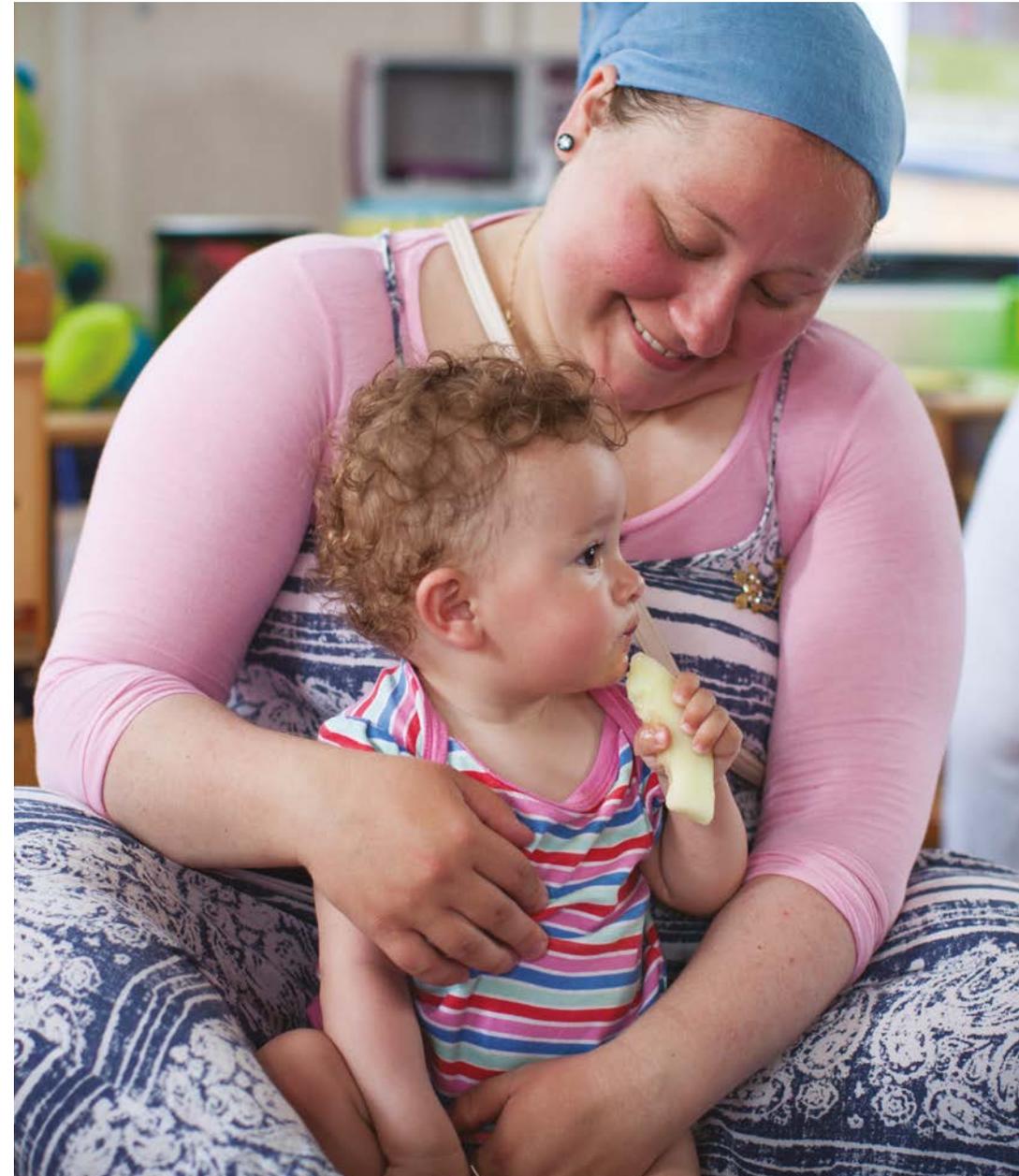
Audience: All practitioners and volunteers who come into contact with parents in the early years

Purpose: To develop skills and confidence to have effective conversations around lifestyle and build parental motivation to access HENRY support

Key content

- The importance of early years for lifelong wellbeing and preventing obesity
- Babies and young children at greatest risk of obesity or poor health outcomes
- Skills to raise the issue of weight, lifestyle, oral health etc with families sensitively and effectively
- Building parental motivation and confidence to access support
- Overview of the local HENRY service available to parents and how to refer

“Really useful - I now feel more confident and knowledgeable to have conversations with families about their lifestyle.”



A Healthy Start in Childcare Training

Length: 1 day

Audience: Nursery and daycare staff, childminders

Purpose: To develop early years settings ability to provide healthy routines, food, and activity for the children in their care

“Extremely informative session, not just on healthy eating but upon positive development of children which was unexpected but very useful.”

Key content

- The vital role of childcare settings in supporting a healthy start in life
- National guidance for nutrition and menus in childcare settings - healthy meals, snacks and portion sizes for young children (Eat Better, Start Better)
- Modelling a healthy lifestyle within the setting - vital in influencing children's lifestyle habits and preference
- Active play - why it matters and ways to encourage it
- Managing children's behaviour in ways that promote healthier physical and emotional wellbeing so children start school ready to learn



Community engagement & capacity development

We work in partnership with local communities to help them identify their priorities and embed a healthy start culture. Our successful volunteer-led models adopt a community asset approach to promoting healthier and more active families. By integrating HENRY provision with wider community assets and opportunities, we maximise support around the family.



We equip volunteers with:

- ▶ Skills and knowledge to increase community awareness of why a healthy start matters
- ▶ Confidence to provide peer-support for long term lifestyle change

HENRY was cited as an exemplar case study for volunteer community engagement by The Institute for Voluntary Action Research and Parents1st for our work in Leeds and Telford.



HENRY developed volunteer models with funding from Department of Health and the Big Lottery.



Local community volunteers help families access services and maintain a healthier lifestyle. Volunteers can engage hard-to-reach, vulnerable families who may prefer working with a volunteer – particularly with a common language or culture – rather than accessing statutory support.

Volunteer roles include:

Community Advocates

Active community outreach efforts to:

- Increase participation in local HENRY services
- Promote HENRY by attending events, children's centres, health clinics
- Help local families understand how HENRY can help them

Parent Champions

Active peer support to:

- Help local families access existing community assets and services
- Accompany families to one or more sessions
- Run activities e.g. cooking sessions, fruit tasting, Zumba sessions

Healthy Start Mentors

Active volunteers delivering Healthy Families:

- 1-to-1 programme
- Group programme – co-delivery alongside a HENRY-trained practitioner



Delivery models

Local circumstances are unique so no single delivery model will work for all areas. We offer a variety of effective delivery models which can be further tailored to local need. When discussing which HENRY services may suit your needs we explore what will work locally taking account of your priorities, constraints, challenges and capacity.



Which model is for me?

- We can provide every element of HENRY's service offer – family support, practitioner training, community engagement – across each delivery model.
- Whether you need breastfeeding peer-support and oral health, or obesity prevention programmes and practitioner training, we can offer it.

See next page.

“I was really impressed by HENRY's innovation and flexibility on approaching the best way to deliver the service we wanted.”



Model type	Description	Advantages of model	Example areas
Direct delivery	<ul style="list-style-type: none"> ✓ We deliver service elements that suit your needs ✓ We provide all the staff ✓ We manage the service entirely ✓ We report to you on KPIs 	Straightforward – we deliver specified services to agreed outcomes and budget	<ul style="list-style-type: none"> • Hackney • Waltham Forest • Lambeth
Training, licensing & support	<ul style="list-style-type: none"> ✓ We train your staff and/or volunteers to deliver HENRY services locally under a licence arrangement ✓ Lots of support from us to get you started ✓ Ongoing support and supervision for programme fidelity and quality assurance 	Locally determined and embedded, offering greater sustainability	<ul style="list-style-type: none"> • Hull • Barking & Dagenham • Birmingham
Blended model	<ul style="list-style-type: none"> ✓ Hybrid offering the best of options 1 and 2 of ✓ One or more HENRY staff lead service delivery ✓ Training for other local practitioners to co-deliver HENRY services 	Local practitioners delivering HENRY services, with HENRY accountable for delivery	<ul style="list-style-type: none"> • Bradford • Telford • Hounslow
Training for trainers	<ul style="list-style-type: none"> ✓ Great for larger local authority areas ✓ We train 2-6 highly skilled local practitioners to deliver HENRY training to all local practitioners ✓ Other local practitioners deliver our family support services 	Flexible, sustainable and cost-effective for HENRY training at-scale	<ul style="list-style-type: none"> • Leeds • Redcar & Cleveland • Middlesbrough

Whichever healthy start service you need for your local area, HENRY can provide it through a delivery model to suit you. We can transition from one model to another over time e.g. start with direct delivery and then train local practitioners to take on all local delivery as we scale back.



Give us a call!

- ▶ We can discuss your needs and circumstances
- ▶ Decide on the most suitable service elements and delivery model
- ▶ Provide a proposal and quote



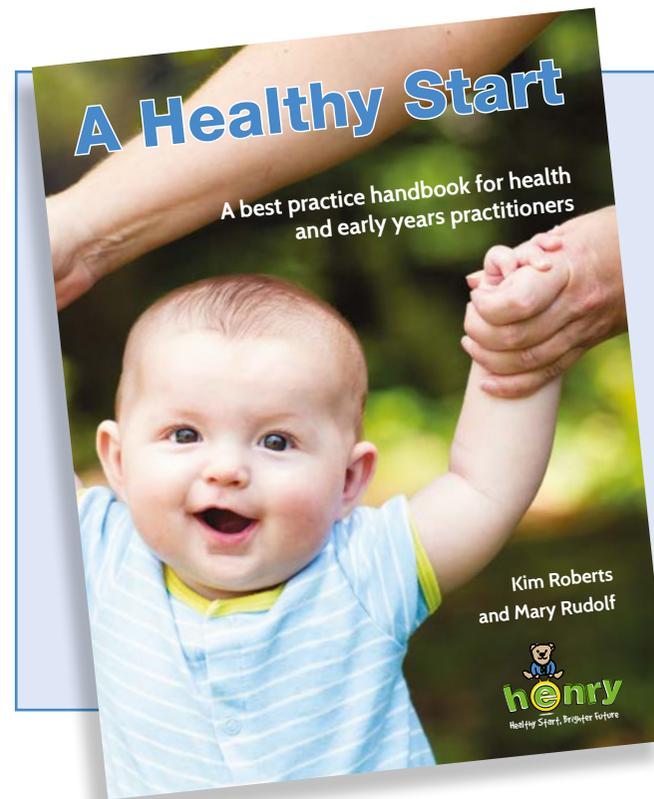
HENRY's range of print and digital resources for parents and practitioners support a healthy start in life and help lay the foundations for a brighter future.

A selection of our resources

To see all our resources visit
www.henry.org.uk/shop

Our resources are:

- ▶ Easy-to-understand, informative, and highly-visual
- ▶ Accessible for all community and language groups
- ▶ Developed hand-in-hand with our family services and practitioner training courses
- ▶ Effective as stand-alone charts or books to support work with local families and improve professional practice
- ▶ Developed in partnership with parents and practitioners
- ▶ Excellent feedback on quality from parents and commissioners
- ▶ Consistent with up-to-date national guidance



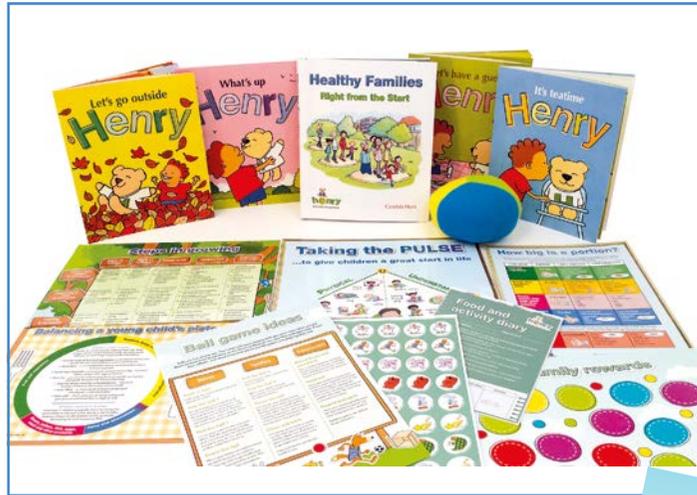
A Healthy Start: handbook for health and early years practitioners

This invaluable 360-page book is a mine of information about what children need to flourish – from pregnancy to starting school. Covering nutrition, parenting, emotional wellbeing, oral health, infant feeding and more it draws together national guidance, our learnings from practice, and the best evidence on the crucial building blocks for lifelong physical and emotional wellbeing.

“The HENRY resources are great. The kids loved the story books, and I found the charts and Healthy Families book had so much useful information.”

Check out our healthy start support videos

www.henry.org.uk/videos



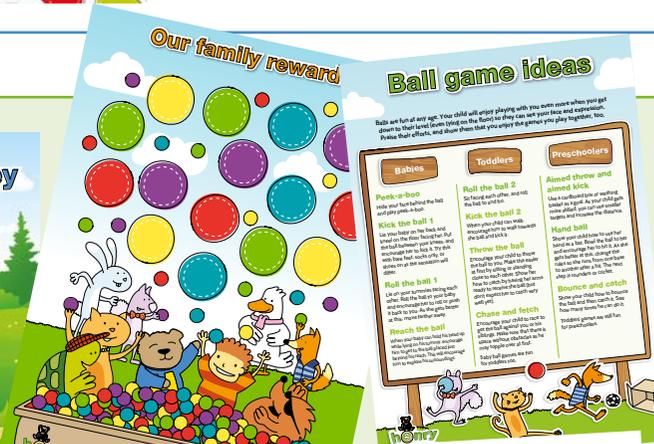
HENRY Parent Toolkit

Our complete parent resource pack for a healthy start to family life which includes our *Healthy Families: Right from the Start* book, information charts on portion sizes, a balanced diet, key developmental stages with helpful tips to support each one, a food and activity diary, and much more.



Taking your baby on a taste journey

Introducing your baby to a wide range of tastes when they start solids helps them grow up eating and enjoying healthy food



Our family reward

Ball game ideas

Ball use fun at any age. Your child will enjoy playing with you even more when you get down to their level. Here are some ideas for the ball to play with. You can use your own or buy one from a toy shop. Please, don't allow your child to play with a ball if it has small parts that they can swallow.

Babies	Toddlers	Preschoolers
<p>Peek-a-boo Hide your face behind the ball and peek over the top.</p> <p>Kick the ball 1 Use your hands to hold the ball and kick it with your feet. The ball should be on the floor. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 1 When you roll the ball, say 'roll' and encourage your child to say 'roll' back to you. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 2 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 3 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 4 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 5 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p>	<p>Roll the ball 2 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p> <p>Kick the ball 2 Use your hands to hold the ball and kick it with your feet. The ball should be on the floor. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 3 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 4 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 5 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p> <p>Roll the ball 6 Roll the ball to your child and encourage them to roll it back to you. You can use a soft ball or a ball with a soft center.</p>	<p>Aimed throw and aimed catch Throw the ball to your child and encourage them to catch it. You can use a soft ball or a ball with a soft center.</p> <p>Hand ball Throw the ball to your child and encourage them to catch it. You can use a soft ball or a ball with a soft center.</p> <p>Bounce and catch Bounce the ball to your child and encourage them to catch it. You can use a soft ball or a ball with a soft center.</p>



Eating well for less

Ideas for planning and shopping within a budget

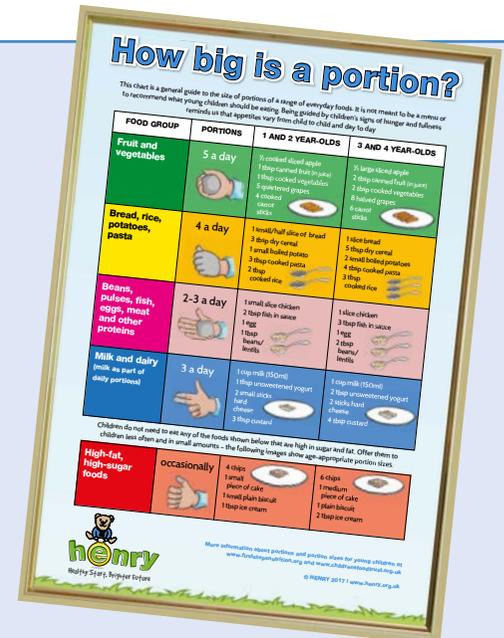
Shopping

- ✓ Stick to the shopping list - remove any items from your basket that aren't in the list before paying
- ✓ Change prices, compare them pre-packed, fresh and loose, and check for those that are in season as they may be cheaper
- ✓ Visit the local market
- ✓ Buy store brands as they often cost less than branded items
- ✓ Buy frozen and tinned vegetables and fruit - these are a healthy alternative (if in raw juice and this still) and can be cheaper than buying fresh
- ✓ Buy in bulk and make your own portions at home
- ✓ Shop during 'happy hour' when food is reduced

Planning

- ✓ Plan meals for the week ahead, starting with what's in the cupboard
- ✓ Look for simple recipes in free internet - see travel links in back page
- ✓ Write a shopping list for your weekly meal plan
- ✓ Replace meat a couple of times a week with plant-based and healthier options like beans and pulses, which also keep for longer
- ✓ Involve the family in planning and choosing healthy meals

For more information on healthy eating for the whole family check out our 15-minute film at www.henry.org.uk



How big is a portion?

This chart is a general guide to the size of portions of a range of everyday foods. It is not meant to be a menu or to recommend what young children should be eating. Being guided by children's signs of hunger and fullness is the best way to know when to stop eating. Portion sizes that vary from child to child and day to day.

FOOD GROUP	PORTIONS	1 AND 2 YEAR-OLDS	3 AND 4 YEAR-OLDS
Fruit and Vegetables	5 a day	1 cooked sliced apple 1 tbsp cooked fruit in puree 2 tbsp cooked vegetables 1 sweetener potato 4 cooked carrot sticks	1/2 large sliced apple 2 tbsp cooked fruit in puree 2 tbsp cooked vegetables 8 halved grapes 8 carrot sticks
Bread, rice, potatoes, pasta	4 a day	1 hand/full slice of bread 2 small dry cereal 1 small baked potato 3 tbsp cooked pasta 1 cooked rice	1 cornflake 5 flapjacks/cereal 2 small baked potatoes 4 tbsp cooked pasta 3 tbsp cooked rice
Beans, pulses, fish, eggs, meat and other proteins	2-3 a day	1 small slice chicken 2 tbsp fish in sauce 1 egg 2 tbsp beans/tuna 1 small meat	1 slice chicken 3 tbsp fish in sauce 1 egg 2 tbsp beans/tuna 1 small meat
Milk and dairy (as part of a daily portion)	3 a day	1 cup milk (50ml) 1 tsp unsweetened yogurt 1 tsp soft cheese 1/2 tsp butter	1 cup milk (100ml) 2 tsp unsweetened yogurt 2 tsp soft cheese 1 tsp butter
High-fat, high-sugar foods	occasionally	4 chips 1 small piece of cake 1 small plain biscuit 1 tbsp ice cream	4 chips 1 medium piece of cake 1 plain biscuit 2 tbsp ice cream



More information about portions and portions sizes for young children is available at www.henry.org.uk and www.henry.org.uk

How big is a portion chart

A clear, easy-to-understand guide to age-appropriate portion sizes for the under-5s across all food groups, consistent with national guidance. Great to stick on the fridge.



Balancing a young child's plate

Children under 5 years
Under 5s need a healthy balanced diet from the food groups shown in the Eatwell Guide, but with some adjustments to their kinds of portions and developmentally appropriate textures and tastes.

- A wide range of fruit and vegetables in familiar textures and colors
- More dairy - or unsweetened calcium-enriched alternatives such as soya milk
- Foods high in protein, iron and zinc - lean meats, fish, eggs and pulses
- More fat - give full-fat milk, using butter 2-3 times a day - focused on limiting saturated fat
- Slightly fewer starchy carbohydrates - because children's energy needs are so small
- Less fibre - a mixture of carbohydrates and fibre is best
- Less salt - don't add salt to food and avoid pre-prepared food that is high in salt

Children aged 5 to 10 years
From age 5, children gradually move to eating the same proportions as the rest of the family in the healthy eating plate from the Eatwell Guide. Balance is important for healthy eating.

“The results have been life-changing for us all, as a family we are much healthier and fitter. This has been a total lifestyle change and we will be forever grateful to HENRY for helping us take the steps we needed to get where we are today.”

Parent from Redcar & Cleveland



www.henry.org.uk

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