

Do you have a baby or child under 5?

Healthy Families Workshops with HENRY



We offer a range of supportive, interactive workshops to help you give your child the best start in life.

Free workshops are running in children's centres and other local venues as part of the *Best Start with HENRY* service in City & Hackney. See reverse for details.

Check your local children's centre timetable for details or contact us to find out more.

Supported by
 Hackney




henry
Healthy Start, Brighter Future

Workshop	What to expect
Let's get active	Come along and discover some fun ways to get your little ones – and you! – up and moving to help support their physical development
Fussy eating	Fed up with stressful mealtimes? Come along and get some new ideas to encourage your little one to try and to enjoy new foods, so you can enjoy eating together as a family
Starting solids	Introducing solids is a whole new chapter for you and your baby. It's recommended that solid foods are introduced from around 6 months old. If your baby is between 3 and 6 months old this workshop will help you get ready to introduce solids, get them off to a great start, and help them grow up enjoying a wide range of healthy foods
Eating well for less	Healthy eating doesn't have to be expensive. This workshop helps the whole family to eat well for less including tips for a cheaper healthy shopping basket, recipes for simple, healthy low-cost meals, and more
Healthy drinks for young children	With all the different messages that we're bombarded with, it's hard to know exactly what kind of drinks are best for young children. Come along and find out why the drinks we give our children matter and how simple changes can make a big difference to their health now and in the future
Portion sizes	How big is a portion? How many portions should my child have? And what kinds of foods are best? We answer these questions and more so you can feel confident you are getting your child off to a healthy start
What's in our food?	Understanding food labels can be a real challenge. Find out more about what labels tell us so you can make healthier choices when shopping for your family



©HENRY 2018

Contact details:

 07519 109876

 hcsupport@henry.org.uk

 www.henry.org.uk/hackney

 www.facebook.com/HENRY.HealthyFamilies