



HENRY Buddies

**Are you finding
family life with young
children a challenge?
You're not alone!**

Many parents are finding it hard to keep their children happy and healthy during the coronavirus outbreak. With all the different worries we're all experiencing at the moment, family life can feel tough.

A HENRY Buddy can help support you and your family through it all. Turn over for more information.



*"HENRY has been a lifeline,
I don't know where we'd have
ended up without HENRY".*



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Healthy Start. Brighter Future

What is a HENRY Buddy



A HENRY Buddy is someone who will be there for you and help you through the challenges of family life during the coronavirus outbreak.

What will a HENRY Buddy do?

Your HENRY Buddy will keep in regular touch with you by phone and text, usually 2 or 3 times a week. They will support you for around 6 weeks. They'll listen and provide you with the support you need as a parent – as well as offering practical ideas.



What sort of things will a HENRY Buddy help with?

That depends on you and your family – your HENRY Buddy will find out what's already going well and where you'd like new ideas that will work for your family. Examples of things a HENRY Buddy can help with include:

- planning time for yourself and ways of reducing stress
- how to make daily life at home enjoyable for you all – and reduce arguments
- fun ways of keeping active
- practical ideas for easy healthy meals and snacks for the whole family

About HENRY

HENRY is a charity supporting families to provide the best possible start in life for babies and children.

www.henry.org.uk

To find out more about HENRY Buddies contact:
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