

Who will deliver the HENRY programme?

HENRY programmes are run across Warwickshire by health visitors and community nursery nurses who have been specially trained as HENRY group facilitators.

What do I get on a HENRY programme?

Everyone that joins a HENRY programme receives a free tool kit which includes everything you'll need during the programme and helpful resources to use at home.



For more information or to enrol on a HENRY Programme near you:

- Speak to your local health visiting team
- Refer through Fitter Futures Warwickshire: <https://fitterfutureswarwickshire.co.uk/>
- Email the HENRY Co-ordinator for Warwickshire: HENRY@swft.nhs.uk
- Speak to Rachel Wareham— HENRY Co-ordinator for Warwickshire: 07468 708863



South Warwickshire 
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What is HENRY?

HENRY is an 8 week programme available across Warwickshire for parents and carers of children 0-5 years old.

- **Free to join**
- **Crèche facilities available for the children**

The programme covers 5 themes:

Parenting confidence

Physical Activity

What children and families eat

Family lifestyle habits

Enjoying life as a family



Weekly Sessions

- **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 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



Is HENRY for me?

HENRY is a universal programme that can help and support everyone with a baby or young child.

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family?
- Encourage your child away from screens and the TV?
- Support to give your child a healthy start?

If you answered yes to one or more of those questions.....then HENRY is for you!!

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