



Healthy, thriving children and families

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

The *Healthy Families: Growing Up* programme is free to join and helps you give your child a healthier lifestyle.



"This programme changed my life."

www.henry.org.uk

About the programme

The programme is for parents or carers who would like support and ideas to develop a healthier family lifestyle which parents and children can both enjoy. 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.



HENRY's Healthy Families: Growing Up programme is running locally. Join the thousands of families across the country who have benefited from the support and tips HENRY programmes provide.

Research shows that the key ingredients for a healthy family lifestyle are:

- Parenting confidence
- Physical activity for the whole family
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 10 weeks and provides everything you need to help your children thrive.

Weekly sessions

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

Week 1 – Getting started together, exploring what changes you want to make

Week 2 – Thinking about a healthy family and what we can do as parents to help

Week 3 – Thinking about healthier meals and snacks. How to juggle life with growing children so you all get what you need

Week 4 & 5 – Responding to children's needs without giving in to all their demands. Enjoying getting active as a family

Week 6 – Food groups, labels, portion sizes for the whole family, and healthy food swaps

Week 7 – Positive mealtime tips for a happy family and reducing mealtime stress for everyone

Week 8 & 9 – Supporting our children as they grow older. Exploring body image and peer pressure. Negotiating agreements around food, screen time and sleep

Week 10 – Celebrating successes and planning the future for your family



"I highly recommend it. It was brilliant."

Is the HENRY programme for me?

The HENRY programme can help everyone with a primary-school aged child. Every parent who joins learns something new and useful.



If you have at least one child of primary school age 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 support and ideas for helping your family be healthier?
- Do you wish your child would eat a wider range of foods or more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like your children or family to be more active more often?
- Are you interested in some ideas to get children away from screens?

What do other parents say about it?

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

"I'm so glad I did this programme. Do it!"

"This was the best thing I could possibly have done to help me be a better mum"

Who is supporting this programme?

This programme is offered locally, funded by Hull City Council. HENRY is working with local partners to be able to offer this service to families



"This was so much more and so much better than I expected. I would encourage every parent to do it."

What is HENRY?

HENRY is a UK charity working to give children a healthy, happy childhood so they thrive now and in the future. There are loads of useful ideas and resources for parents on the HENRY website.

How can I join a programme?

HENRY programmes are running locally. Talk to your health practitioner or local Family Support Service to find out more, help you decide if you would enjoy it, and help book you a place.

For more information about HENRY go to:



www.henry.org.uk



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