

## What is HENRY?

HENRY is a UK charity working to give children a healthy and happy childhood, ensuring they thrive both now and in the future.

## Included with the programme

We offer practical tips and resources for parents and carers on our website and through in-person and online sessions to support positive family changes.

Each participant receives a free set of family resources to guide you through the programme.



## How Can I join the programme?

### Running locally.

The *Healthy Families: Brighter Future* programme is available in Croydon.

Talk to your local Children's Centre or Family Hub, Early Intervention, Family Support Service Team or health practitioner to find out more and explore if this programme is right for you.

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*“This is an essential group for young families.”*

*“I enjoyed meeting other mums and getting a confidence boost. I pay more attention to living healthy now and I take care of myself more.”*

*“I found the HENRY programme covered everything. I gained a better understanding of my children's needs. We're spending more time as a family now.”*

*- Parents from the Healthy Families: Right from the Start Programme*

## Contact information

For more details or to join the programme, contact us at:

-  [croydon@henry.org.uk](mailto:croydon@henry.org.uk)
-  020 8156 6400
-  [www.henry.org.uk/croydon](http://www.henry.org.uk/croydon)
-  /HENRYinCroydon
-  @henryincroydon



REGISTER FOR OUR  
PROGRAMME TODAY



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Healthy Start, Brighter Future

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Croydon Health Services  
NHS Trust

HENRY - [info@henry.org.uk](mailto:info@henry.org.uk) - [www.henry.org.uk](http://www.henry.org.uk) - Charity number 1132581 - Company number 6952404 - Copyright © HENRY 2024. All rights reserved.



# HEALTHY FAMILIES: BRIGHTER FUTURE FOR PARENTS & CARERS

A great start for babies and young children.

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

The *Healthy Families: Brighter Future* programme is FREE to join and helps you give your child the best possible start in life.

## About the programme

**FREE support for a healthier family lifestyle.**

The **Healthy Families: Brighter Future** programme is designed for families with children aged 0–7.

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 or carer, especially in the early years.



Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyles habits
- Enjoying life together as a family

*The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.*

## What parents say

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

## Weekly sessions

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

**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 all their 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 this for me?

This programme is perfect for families with children aged 7 and under.

If you answer “yes” to any of these questions below, then the programme is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

