

The HENRY programme is free to join and helps you give your child the best possible start—as well as a happy family life for you all.

“Healthy Families: Right from the Start” with HENRY is a 9-week programme that is run by locally trained HENRY facilitators at the Children's Centre .

Each session lasts approximately 2 ½ hours, and we provide an optional children’s group in case you don’t have alternative childcare

To book a place call us on **0300 247 0203 (option 1)**
There are limited numbers of spaces so sign up today!

We look forward to welcoming you.



Clare



Charlotte



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Bath & North East
Somerset Council



Healthy Families: Right from the start **A great start for babies and young children**



You are warmly invited to attend the next 9 week
HENRY group “*Healthy Families: Right from the start*”
starting:

Monday 20 January—Monday 23 March 2020

09:30am—12:00pm

Radstock Children’s Centre,

Church Street, Radstock, BA3 3QQ

Booking is essential; please call 0300 247 0203 (option 1) or
speak to the Children’s Centre staff

Everyone wants the best for their children but it can be hard to know what to do as a parent in the early years.

During the HENRY group we'll explore:

- how to juggle life with young children so everyone in the family gets what they need
- how to understand and manage your child's behaviour
- how to respond to children's needs without giving in to all their demands
- positive mealtime tips, first foods and eating well as a family
- ideas for active play to help children learn and develop
- anything you would like to change at home and what may help...

So, if you have a child under 5 and would like to feel more confident as a parent, reduce some of the stress of having young children whilst increasing calm at home and having fun together then HENRY is for you!

The HENRY group *Healthy Families: Right from the start* is being held locally.

Thousands of families across the country have benefited from the support and tips it gives for young families. 97% of parents would recommend it and 89% feel more confident as a parent



"HENRY is so much more than health, exercise and nutrition. It's about how to change habits to help the whole family be happier and healthier in every way. I think everyone should do it – it was brilliant"

Weekly sessions:

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

- Week 1** - Introduction week - meet the facilitators, children's group staff and make a start
- Week 2** - Decide what changes you would like to see and set your own goals
- Week 3** - How to juggle life with young children so you all get what you need
- Week 4** - How to respond to children's needs without giving in to all their demands
- Week 5** - Positive mealtime tips for a happy family: reducing stress for everyone
- Week 6** - Ideas for active play to help children learn, develop and stay happy
- Week 7** - Food groups, food labels, portion sizes, first foods and snack swaps
- Week 8** - Understanding and managing your child's behaviour for a happier home
- Week 9** - Celebrate your success as a parent and plan for the future for your family

When you attend, you receive a free HENRY toolkit which includes everything you need to make the most of the group sessions. It also has helpful resources to use at home with your family.

