

HENRY Healthy Families programme online

Even during this uncertain time, we're still here to help you give your little ones a great start in life.

The HENRY programme is completely **FREE** to join for parents and carers of children aged 0 to 5 years old. We will send you details of how to join online.*

*Eligibility applies. Family needs to be registered with HVCCG GP, priority will be given to families with a child above the 91st centile. After this any free spaces will be offered to families who meet 2 of our secondary criteria including concerns around eating habits, sleep, oral health, screen time, activity levels and parents or siblings being overweight or obese.



The programme provides everything you need to help your little one get off to a great start.

We cover the 5 following themes across 8 weeks:

- Feeling more confident as a parent
- Physical activities for the little ones
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Each week there is a 1 hour live session and a couple of videos to watch before each session.

You'll also receive a free **toolkit** with lots of fantastic resources, delivered to your home.

The programme is an opportunity to share ideas and experiences with other families in a safe environment!

Programme details

Please note that each group has a maximum capacity of 6 families so please do get in touch if you would like to join us, in order to save your space and get your toolkit sent out in good time!



Get in touch to sign up now!

Contact Us

