



Henry

Healthy Start, Brighter Future



CROYDON
www.croydon.gov.uk

Who is HENRY?

- ▶ HENRY is a national children's charity that focuses on supporting families to lead healthier lives.
- ▶ We are an evidence based service that encompasses a whole host of different topics relating to healthy family lifestyle and getting children off to the best start - including.. healthy eating, family activity, emotional and mental health, parental confidence and parenting skills, oral health and much more.
- ▶ We work in many areas across the UK, with families and practitioners from different communities and cultural backgrounds.

What is the HENRY approach?

- ▶ The HENRY approach works by supporting families in a “partnership” approach, whereby we:
 - ▶ ...start where families are
 - ▶ ...help families identify what is going well
 - ▶ ...build parental confidence
 - ▶ ...support families to make small, manageable steps toward their preferred future



HENRY Programmes: Healthy Families, Brighter Future

- ▶ HENRY programmes run over 8 weeks, covering a variety of topics.
- ▶ FREE to join for families who live in Croydon and have a child aged 0-7.
- ▶ We will deliver programmes face-to-face in local community venues, as well as having an option to join online.
- ▶ Details of upcoming programmes can be found on our website at <https://www.henry.org.uk/croydon> under 'Support for families'

Families receive a toolkit full of resources.



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, 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



“This course has made me feel more confident as a parent, enabling me to provide my children with a better start and healthier start to life. The facilitators are very friendly and non judgmental which makes it easy to share my feelings and ask for any advice I need.”

A quote from a Croydon parent who completed the programme in May 2023.

How to join:

- ▶ You can register your interest at <https://www.henry.org.uk/register-your-interest-parents-croydon>
- ▶ If you would like further information, or to chat to one of our practitioners about the programme, please drop us an email or a call.

Croydon@henry.org.uk

020 8156 6400



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g LOW	Saturated fat 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

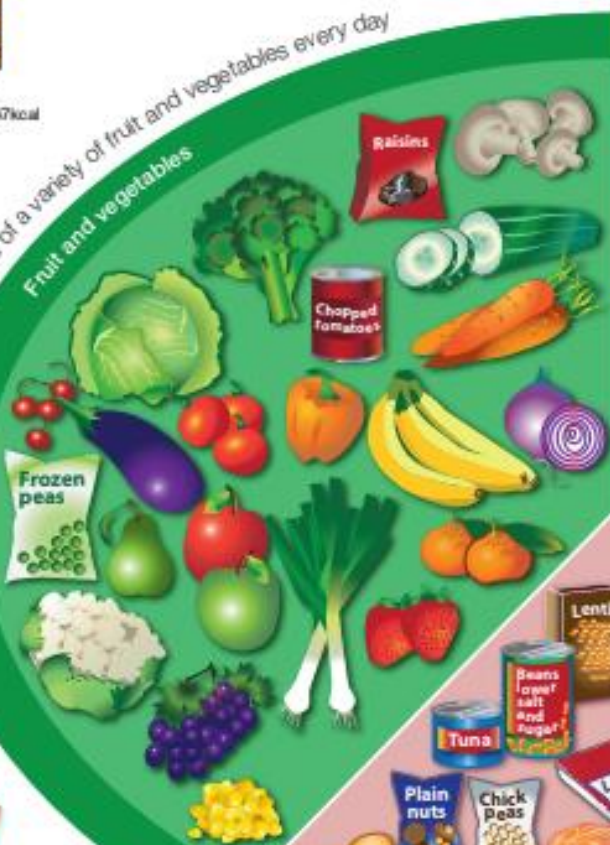


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS