HENRY is an 8 week group aimed at families with children under 5 years old.

In Leeds we offer all parents/carers the opportunity to join a HENRY group.

Each week will help you develop a healthy, happy and supportive home for your whole family.

Please speak with your Specialist Public Health Nurse to find out more information. The topics the group covers are overleaf.
HENRY Group content

week 1
Decide the changes you would like to make and set your goals.

week 2
Support with how to juggle life with a young family.

week 3
How to respond to a child’s needs without giving in to all their demands.

week 4
How to reduce mealtime stress for the family with positive mealtime tips for a happy family.

week 5
Ideas for active play to help children learn develop and stay happy.

week 6
Information about food groups, food labels, portions sizes along with other ideas.

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.

Please contact our 0-19 SPA on:
0113 843 5683

to find out about a group running near you, or make contact with your local children’s centre.

0-19 Public Health Integrated Nursing Service

www.leedscommunityhealthcare.nhs.uk/0-19team/

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