



# henry

Healthy Start, Brighter Future

**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/](http://www.leedscommunityhealthcare.nhs.uk/0-19team/)

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