



**At Lewisham Children & Family Centres  
we are passionate about babies  
and children having the best possible  
start in life.**

**Our HENRY programmes support  
the whole family to make positive lifestyle  
changes, create healthier  
and happier homes, build healthier  
communities and give all children  
a healthy start.**



Lewisham Children and Families Centres HENRY programmes provide a wide range of support for families from pregnancy to age 5 including workshops, courses, resources and online help.

The HENRY approach can support you to make small changes, helping you gain the confidence, knowledge and skills you need to help your whole family adopt a healthier, happier lifestyle. Giving your child a healthy start in life is crucial to keeping them healthier now and right through their adult life.

### Our HENRY courses and workshops support:

- Parental well-being and parenting skills
- Secure and loving parent - child relationships
- Healthy eating for the whole family
- An active lifestyle
- Healthy family routines
- Oral health
- Speech and language development



### Is the HENRY's Healthy Families programme for me?

If you have a child under 5 and can answer 'yes' to any of the questions below, then HENRY is for you:

- Would you like to feel more confident as a parent or learn new skills?
- Would you like support to give your child a healthy start?
- Would you like to make mealtimes less stressful?
- Would you like your child would eat more fruits and vegetables?
- Would you like your family be more active together more often?
- Would you like ideas to reduce your child's screen time?
- Would you like to improve your parenting skills?
- Would you like to learn about being active?
- Would you like improve emotional well-being?
- Are your family Goals for a healthier lifestyle?



We delivery the following HENRY Workshops and Courses at our Children and Family Centres

## Healthy Families Right from the Start

**FREE, Online one hour per week over 8 weeks, Age: 0-5 years**

This programme is for parents or carers of children aged 0 to 5. It will help you to think about your family's lifestyle and support you to decide what changes you would like to make for a healthier happier family. It covers:

- Parenting skills
- How we eat and what we eat
- Being active
- Emotional well-being.

## Introducing Solids - the start of your baby's journey with food.

**FREE, Online or face to face Workshop. Age: 6 mths +**

A whole new experience for parents and baby

- How do I know my baby is ready for solids?
- Getting started- foods to offer
- Starting solids safely
- Helping your baby enjoy new tastes and textures



## Portion Size Workshop

**FREE, One hour face to face Workshop. Age: 0-5years**

This workshop will help parents/carers gain a better understanding of the recommended food portions sizes for their children and family, and co-vers:

- How big is a portion? Me size meals.
- The recommended portions of each of the 5 food groups
- Size of a child/adults stomach
- Healthy meal choices/balancing your families plate.

## Healthy Packed Lunches

**FREE, One hour face to face Workshop. Age 0-5 years**

This workshop will help you plan and prepare healthy, tasty pack lunch boxes and covers:

- Lunch Box Sizes
- Portion size and the size of a young child's tummy.
- Balancing your child's lunch box
- Ideas for packing a healthy, filling lunchbox and making healthy food & snack swaps



## Fussy Eating

**FREE, One hour face to face Workshop. Age: 0-5 years**

This one hour long workshop helps families with techniques to make mealtimes less stressful and encourage a healthy diet and give you tips on:

- How to broaden your child's food experiences
- Ways to encourage and support your child to try new foods and textures.

[See our timetable for details of or next workshop and courses](#)

## Your FREE HENRY Toolkit

As well as developing your confidence, motivation, resilience and skills as a parent and empowering you to make the changes that will help your children flourish and grow up healthily, every parent who joins the programme receives a **HENRY toolkit** which includes everything you'll need during the programme and helpful resources to use in your family.

**The HENRY toolkit** will help you:

- give your child a great start in life
- get the whole family active and involved
- keep track of how well you're all doing



## How to book onto your HENRY course or workshop:

We run HENRY course across the borough and throughout the year.

- **To find out when courses or workshops are running** take a look at the [timetable page on our website](#)
- **To book on a course** visit our booking page [www.lewishamcfc.org.uk/booking-form](http://www.lewishamcfc.org.uk/booking-form) or text or leave a message on 07377 724243.

## Find out more about HENRY

HENRY is a national charity founded in 2009. It provides a range of holistic programmes and service to families, as well as training for practitioners working with families, so that babies and young children have a healthy start in life-and a brighter future.

- Find out more about HENRY [on their website](#), including activities and recipe ideas
- Read about Healthy Families - Right from the Start in our [blog post](#)