



Health and Social Care

henry

Healthy Start, Brighter Future

A GREAT START FOR BABIES AND YOUNG CHILDREN



Everyone wants the best for their children but it can be hard to know what to do as a parent in the early years.

Would you like to feel more confident as a parent?

That's where HENRY comes in. HENRY is a **FREE programme** for parents and carers of children between 0 and 5 years.

Interested in some ideas to get your children away from the TV?

Would you like to enjoy being active together as a family?

Would you like to reduce mealtime stress? Want your children to eat more healthy food?

Would you like support to give your child a healthy start?

Henry programmes are running locally. To find out more/take part:

- Visit www.henry.org.uk
- Talk to your Child Health Assistant, Health Visitor or SureStart
- Contact your local Henry co-ordinator **Amanda** on **075 6342 0239** or email Amanda.Sherwood@belfasttrust.hscni.net