



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?

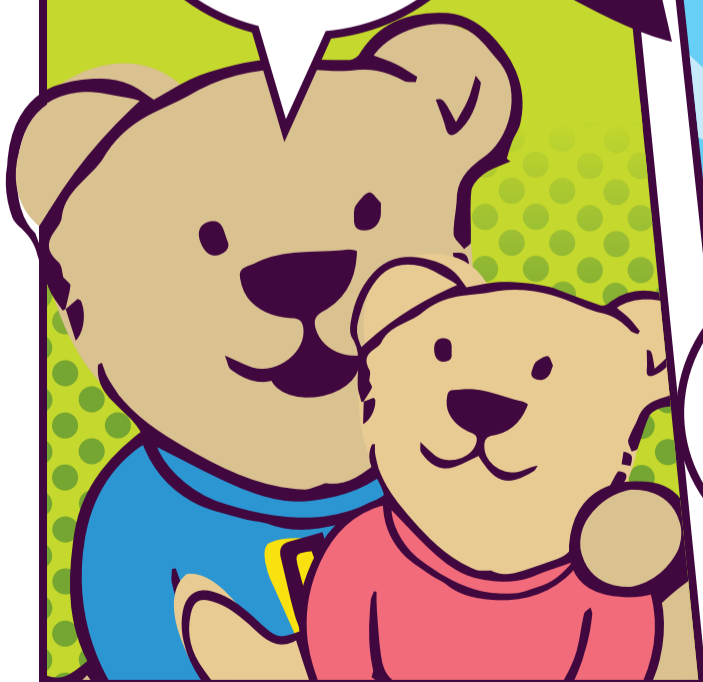
That's where HENRY comes in. HENRY is a **FREE programme** for parents and carers of children between 0 and 5 years.

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](http://www.henry.org.uk)
- Talk to your Child Health Assistant, Health Visitor or SureStart
- Contact your local Henry co-ordinator **Anne** on **079 2087 5762** or email [anne.crawford@southerntrust.hscni.net](mailto:anne.crawford@southerntrust.hscni.net)



Project supported by the PHA