



Core Training

to tackle child obesity and enable young children to flourish

HENRY Core Training is underpinned by the latest research into the complex factors that protect against, or lead to, obesity. The course adopts a holistic approach, bringing together

- **eating behaviour, food and activity ...**
enabling the whole family to adopt a healthier lifestyle - right from the start
- **parenting...**
helping parents to develop the confidence and skills to give young children a good start for life - so that they start school physically and emotionally ready to learn
- **a practical framework for supporting behaviour change ...**
using a solution-focused and strength-based approach to help families change old habits and achieve their goals

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I have worked in Early Years for 15 years and attended many training events. This one has certainly been the best!
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Our courses are practical, reflective, fun – and effective. Research has shown that brief HENRY training resulted in

- increased practitioner **confidence** to tackle complex and sensitive lifestyle issues
- **long-term changes to practice**, with practitioners continuing to use the knowledge and skills gained many years after they completed their HENRY training
- improved child and family **outcomes**

A two day course for health and early years practitioners

- **Develop the knowledge, skills and confidence to tackle weight issues**
- **Promote physical and emotional well-being in the years before school and beyond**



To find out more about HENRY and workforce development, please contact us
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