



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.

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

Would
you like to
feel more
confident
as a
parent?

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 **Sinead** on **075 0026 3121** or email Sinead.mcdaid@westerntrust.hscni.net