

What's on from HENRY?

Autumn 2 2020 Better Start Bradford



FREE HENRY **Virtual** Group Programmes for families with children aged 0-5 years

You will need access to the internet to attend these programmes

Programme	Group Start Date	Programme Length
See, Hear, Respond (see page 2 details)	Parents will be offered various days and times	4 weeks


8 Week programmes will start again after Christmas.

If you need an **interpreter**, you may be eligible for our 1-to-1 programme – please contact us for more details

Free one-off 60 minute **Virtual** HENRY workshops – see overleaf for what is covered

We may also be able to offer these sessions on a 1-to-1 basis with an **interpreter** – call for details

You will need access to the internet to attend these sessions and do not need to attend all of them

Date and Time	Workshop (see next page/overleaf for details)	Facilitators
Tuesday 10 th November 12:45-2pm	Portion Sizes – <u>Better Start parents only*</u> for parents of under 4s	Lisa
Wednesday 11 th November 10-11am	 Starting Solids – parents of 0-8 month olds FULLY BOOKED	Jaesha & Annette
Wednesday 11 th November 9:45-11am	Eat Well for Less – <u>Better Start parents only*</u> for parents of under 4s	Lisa
Tuesday 24 th November 12:45-2pm	Portion Sizes – <u>Better Start parents only*</u> for parents of under 4s	Lisa
Wednesday 25 th November 9:45-11am	Eat Well for Less – <u>Better Start parents only*</u> for parents of under 4s	Lisa
Wednesday 25 th November 9:45-11am	Fussy Eating – <u>Better Start parents only*</u> for parents of under 4s	Diane & Fiona
Tuesday 8 th December 10-11am	Starting Solids – parents of 0-8 month olds Click to book	Diane & Fiona
Tuesday 15 th December 10-11am	Starting Solids – parents of 0-8 month olds Click to book	Katie & Lydia
Thursday 17 th December 10-11am	Starting Solids – parents of 0-8 month olds Click to book	Katie & Lydia
Dates also available in January	Starting Solids – parents of 0-8 month olds Click to register interest	

1-to-1 Workshops – these are delivered by phone/video call at a time that suits you – turn over for full details:

Better Start parents only*

Eat Well for Less, Portion Sizes, Fussy Eating

Cooking for a Better Start Online

Read below to find out more about our n package full of recipe ideas, video clips and more that can be accessed at your own pace!

*To check if you are in the Better Start Bradford area and find out about other local activities, please visit:

<https://www.betterstartbradford.org.uk/>

**For more information, please contact henrybsb@henry.org.uk
or text/call/WhatsApp 07709 640454**



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Programme	What does it cover?
Healthy Families Programmes	
See, Hear, Respond	<p>Over 4 weeks, topics explored include:</p> <ul style="list-style-type: none"> Looking after young children's physical and emotional needs Reducing stress for all the family Healthy daily routines – from eating, active play to bedtimes and more Practical parenting tips and ideas to reduce arguments and keep everyone happier <p>For more information and the booking form, please visit: https://www.henry.org.uk/see-hear-respond. We are running several groups this term on different days of the week, so once the booking form is completed, parent will be contacted to choose which dates/times they prefer.</p>
Virtual Group Programme	<ul style="list-style-type: none"> Would you like to feel more confident as a parent? Would you like some support to give your child a healthy start? Do you wish your child would eat more fruit and vegetables? Would you like to reduce mealtime stress? Would you like to enjoy being active together as a family more often? Are you interested in some ideas to get children away from the TV? <p>Join us over 8 weeks as we explore these topics and more. With a free toolkit, book and certificate for each participant.</p>
1-to-1 Programme	Content as above - for families who are unable to access the Virtual group programme. This is delivered by phone or video call.
Online Package	
Cooking for a Better Start Online	<p>This NEW online package includes 6 sessions full of top tips, videos, links and recipes to try, covering:</p> <ul style="list-style-type: none"> What are the food groups? Health and Safety in the kitchen Label Reading How big is a portion? Healthy Food Swaps Planning and Shopping
Workshops	
Eat Well for Less	<p>This workshop delivered 1-to-1 over the phone or video call covers:</p> <ul style="list-style-type: none"> Tips for shopping on a budget Menu planning to avoid waste and encourage healthy eating Shopping to a menu plan and budget HENRY recipes for simple, healthy low-cost meals
Fussy Eating	Fed up with stressful mealtimes? This one hour workshop delivered as a 1-to-1 session over the phone or video call covers ideas to encourage your little one to try and to enjoy new foods, so you can enjoy eating together as a family
Healthy Teeth	<p>Struggling to get your child to brush their teeth or not sure how to do it? Want to learn more about how to reduce the risk of cavities and how what we eat and drink affects our teeth? Interested in finding out top tips, latest guidance and where to find answers to questions? This one hour virtual workshop is for you!</p>
Portion Sizes	<p>How big is a portion? How many portions should my child have? And what kinds of foods are best? Do you want to gain confidence in providing healthy, child-friendly meals? This session covers:</p> <ul style="list-style-type: none"> Foods that are best for your child



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	<ul style="list-style-type: none"> • The benefits of eating child-size meals • Explore different food groups and new meal ideas
Starting Solids	<p>Have you just started introducing your baby to solid foods or are you just about to? Starting solids is a whole new chapter for you and your baby and it can feel a bit daunting, but HENRY can help.</p> <p>We can offer information about how to spot signs that your baby is ready to try solid food, how to know when your baby is hungry and when they've had enough, suggest foods to start with and lots of ideas to make mealtimes an enjoyable experience for both you and your baby.</p> <p>We can send information by email or post or we can give you a call to discuss in more detail. For wider Bradford, contact henry@bradford.gov.uk</p>

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