



A Healthy Start in Childcare

Providing a good start for young children

HENRY training is underpinned by the latest research into the complex factors that protect against, or lead to, obesity. This course recognises that childcare settings play a vital role in providing a healthy start for young children and enables staff to

- adopt a **consistent approach** and **model a healthy lifestyle** to young children in their care
- develop their knowledge about **healthy meals, snacks and portion sizes** for young children
- understand the value of **active play**
- manage behaviour and build self-esteem, so that children **start school emotionally prepared and ready to learn**

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Totally beyond my expectations. A very informative and exciting day, with lots of useful ideas.

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The course is practical, reflective, fun – and effective. Research has shown that

- HENRY training results in **positive changes to policy and practice** in early years settings – including age-appropriate portion sizes, healthy snacks and strengthened team working
- practitioners continue to use the **knowledge and skills** gained many years after they completed their HENRY training
- practitioners make sustained **personal changes** to develop a healthier lifestyle

A one day course for daycare staff and childminders providing

- **practical information about nutrition and activity for young children**
- **tools to manage behaviour for physical and emotional well-being**

