

A great start in life

Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

"I would recommend this course to anyone with young children. It has become a vital tool in my life!"

Free HENRY programme starting soon:



www.henry.org.uk

Pick up a leaflet for more information

