

## **2 Day FREE HENRY Core Training**

Monday 3rd and Tuesday 4th October **9.15 – 4.30pm Snapdragons Nursery Training Room, Keynsham. Lunch and refreshments provided!** If you are interested in reserving a place please contact Donna Biddlecombe:  
[donna\\_biddlecombe@bathnes.gov.uk](mailto:donna_biddlecombe@bathnes.gov.uk)

<http://www.henry.org.uk/wp-content/uploads/2012/05/HENRY-Core-Training.pdf>

The 2-day core training equips practitioners to offer one-to-one support to families with young children (5 and under but the approach itself is relevant to all ages). It includes:

- why it is important to focus on babies and toddlers (although much of the content is relevant to older children too)
- an introduction to the Family Partnership Model
- how to encourage an active way of life
- solution-focused approaches to families' issues and the challenge of change
- healthy eating and healthy eating patterns
- parenting skills for a happy healthier lifestyle
- links between feelings and behaviours and setting boundaries

HENRY training courses are practical and enjoyable. Trainees are invited to learn through exploration and discussion, and to practise newly developing skills in a safe, informal environment.

The courses are designed to demonstrate the principles of the HENRY approach by working in partnership with groups.

The training is supported by a toolkit of resources which will further help you with your day to day work.

**Core Training also offers a useful introduction to the HENRY parenting programme which will enable you to make referrals to future groups.**

If you are interested in reserving a place please contact Donna Biddlecombe:  
[donna\\_biddlecombe@bathnes.gov.uk](mailto:donna_biddlecombe@bathnes.gov.uk)