

What is HENRY?

HENRY is a UK charity working to give children a healthy and happy childhood, ensuring they thrive both now and in the future.

We offer practical tips and resources for parents and carers on our website to support positive family changes.



How can I join a programme?

Available locally

The *Healthy Families: Growing Up* programme is available in your area.

Talk to your local Family Support Service Team or health practitioner to find out more and explore if this programme is right for you.

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“This was so much more and so much better than I expected. I would encourage every parent to do it.”

“This was the best thing I could possibly have done to help me be a better mum.”

- Parents from the Healthy Families: Growing Up Programme

Contact information

For more details or to join the programme, contact us at:

REGISTER FOR OUR PROGRAMME TODAY



Choices 


henry
Healthy Start, Brighter Future

 Sandwell
Metropolitan Borough Council

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HEALTHY FAMILIES: GROWING UP

FOR PARENTS & CARERS

Guiding families to grow happier and healthier, together

We all want what's best for our children, but it can sometimes feel overwhelming as they grow up.

The *Healthy Families: Growing Up* programme is here to offer practical support and guidance, helping you and your family adopt healthier habits.

About the programme



FREE support for a healthier family lifestyle.

The *Healthy Families: Growing Up* programme is designed for families with children aged 5–12.

This programme supports families in creating healthier routines, fostering positive family dynamics, and addressing challenges like screen time and peer pressure.



Why Join Us?

Research shows the key ingredients for a healthy family life include:

- Confidence as a parent
- Fun physical activities for all ages
- Healthy eating habits
- Positive family routines
- Enjoying life together as a family



This eight-week programme covers these essential areas to help your children—and the whole family—thrive.



Weekly sessions



Our eight weekly sessions provide tips and tools to create a healthy, supportive environment for everyone in the family:

- **Week 1** – What is a healthy family
- **Week 2** – Finding balance
- **Week 3** – Understanding children’s behaviour
- **Week 4** – Setting healthy boundaries
- **Week 5** – Making healthy food choices
- **Week 6** – Enjoying family mealtimes
- **Week 7** – Negotiating family routines
- **Week 8** – Supporting your growing child

What parents say

- 97% of parents would recommend it
- 89% feel more confident as a parent

Is this for me?



This programme is perfect for families with primary school-aged children.

If you answer “yes” to any of these questions below, then the programme is for you:

- Would you like to support your child to manage screen time and peer influences?
- Are you looking for strategies to encourage your child to make healthier food choices?
- Would you like ideas for creating family routines that work for children aged 8–12?
- Do you want to feel more confident in helping your child navigate challenges as they grow?

