



1-Day Raising the Issue Training

Training Overview

HENRY's 1-day *Raising the Issue* training for up to 25 local practitioners supports increased referral, uptake and retention on HENRY family support services and more effective conversations with parents.. The training is rooted in HENRY's evidence-based approach to supporting a healthy lifestyle in the early years.

Training Structure

The graphic below shows the structure and flow of the training course and will cover all the elements shown.

- Understanding the local HENRY service – what is available for families and where
- How to refer in to the service

- Understanding risk and protective factors for childhood obesity
- Why focus on babies and young children

- Developing a partnership approach to working with parents
- Raising the issue
 - Conversation starters
 - Responding with empathy
 - Strength-based conversations
 - Confidence and motivation-building for a healthy lifestyle
- Being responsive to family circumstances – starting with what's important to them

- Consistent messaging:
 - Early feeding
 - Portion sizes
 - Balanced plate
 - Physical activity
 - Eating habits
 - Starting solids
 - Healthy Start scheme

- Referral:
 - What will a HENRY session be like?
 - A great start
 - Supportive group
 - Range of useful sessions
 - Building motivation to take up offered place