

# Creating the conditions for change

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HENRY

# Exploring good health and nutrition



“Giving every child the best start in life is crucial to reducing health inequalities across the life course. The foundations for virtually every aspect of human development-physical, intellectual and emotional- are laid out in early childhood.”



Professor Sir Michael Marmot, Fair Society, Healthy Lives



# Parents want the best for their children



*I really want to be a good dad but now she's a toddler there are lots of times when I just feel out of my depth when she says no and takes no notice.*

*We were desperate, we knew we needed to change but didn't know how. It was affecting the kids.*



... and how we support parents affects  
how likely they are to make positive  
changes



*I sit there giving her advice and  
I know she's not going to follow  
any of it ...*

Health visitor describing her work with the  
mother of an obese 3 year old

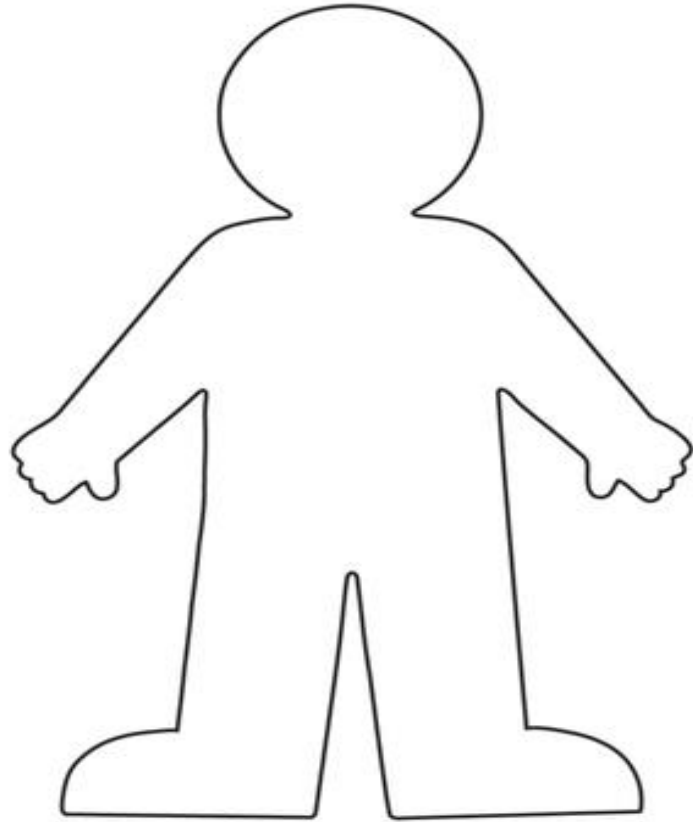


# The HENRY Approach



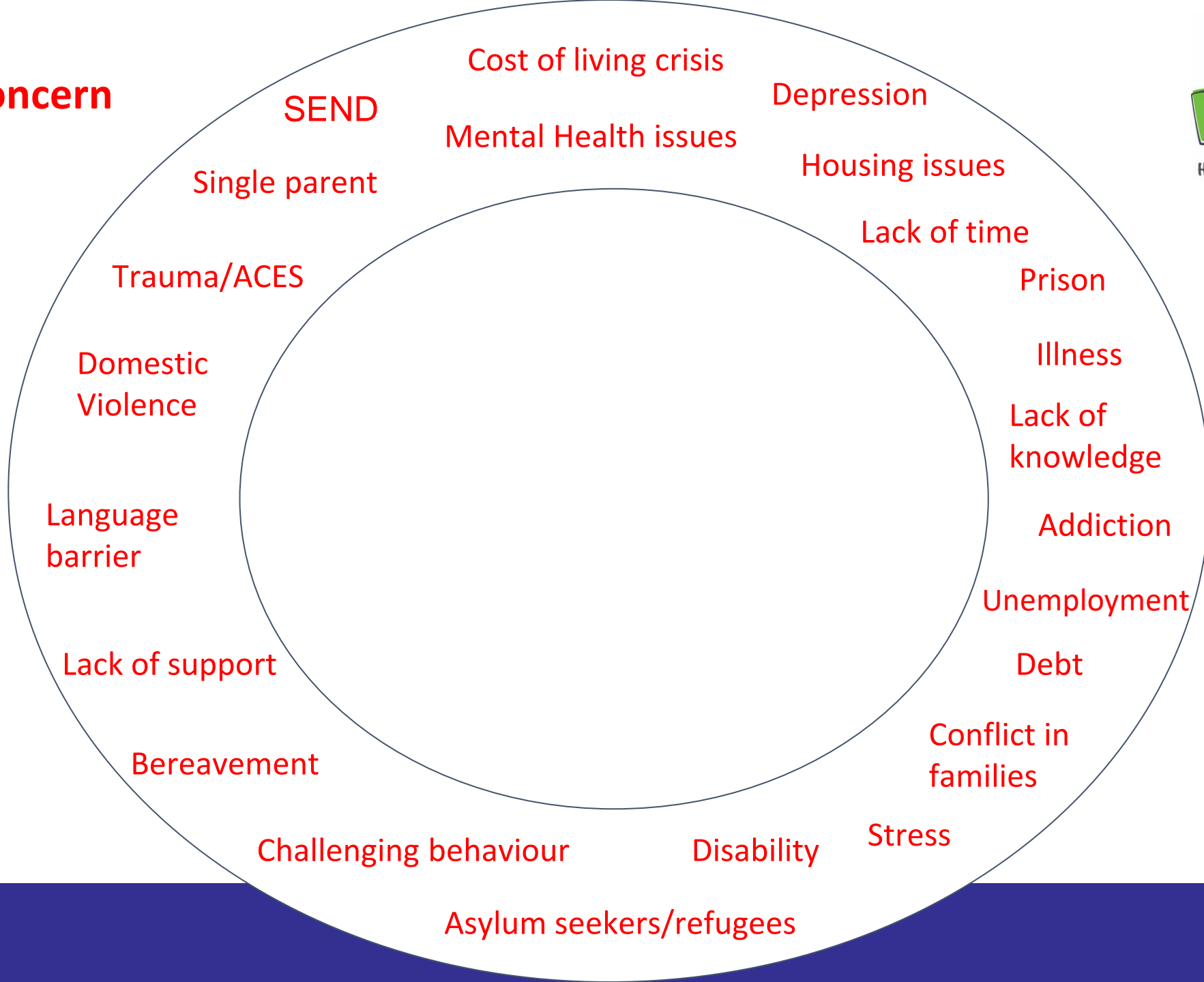
<b>The message: a healthy start in life</b>	<b>The messenger: creating conditions for change</b>
<ul style="list-style-type: none"><li>• parenting</li><li>• emotional wellbeing</li><li>• eating behaviour</li><li>• nutrition</li><li>• physical activity</li><li>• sleep</li></ul>	<ul style="list-style-type: none"><li>• partnership</li><li>• building relationships</li><li>• non-judgemental</li><li>• empathy</li><li>• strength based</li><li>• solution focused</li></ul>





**Activity-**  
**What does the idea  
of health mean to  
you?**

# Circle of concern

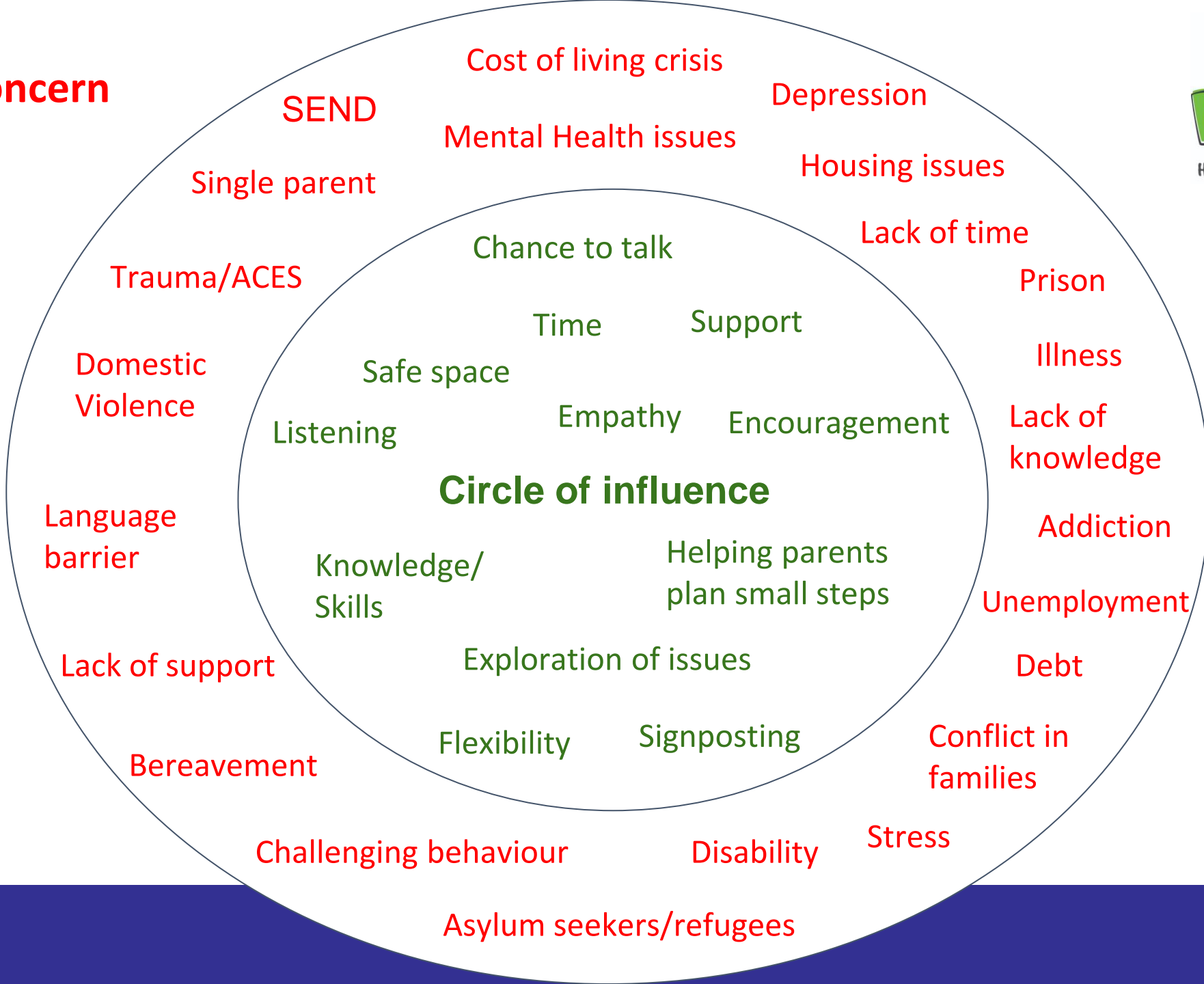


The circle of concern and circle of influence were developed by Stephen Covey: see the Seven Habits of Highly Effective People, Simon & Schuster 1988.





# Circle of concern



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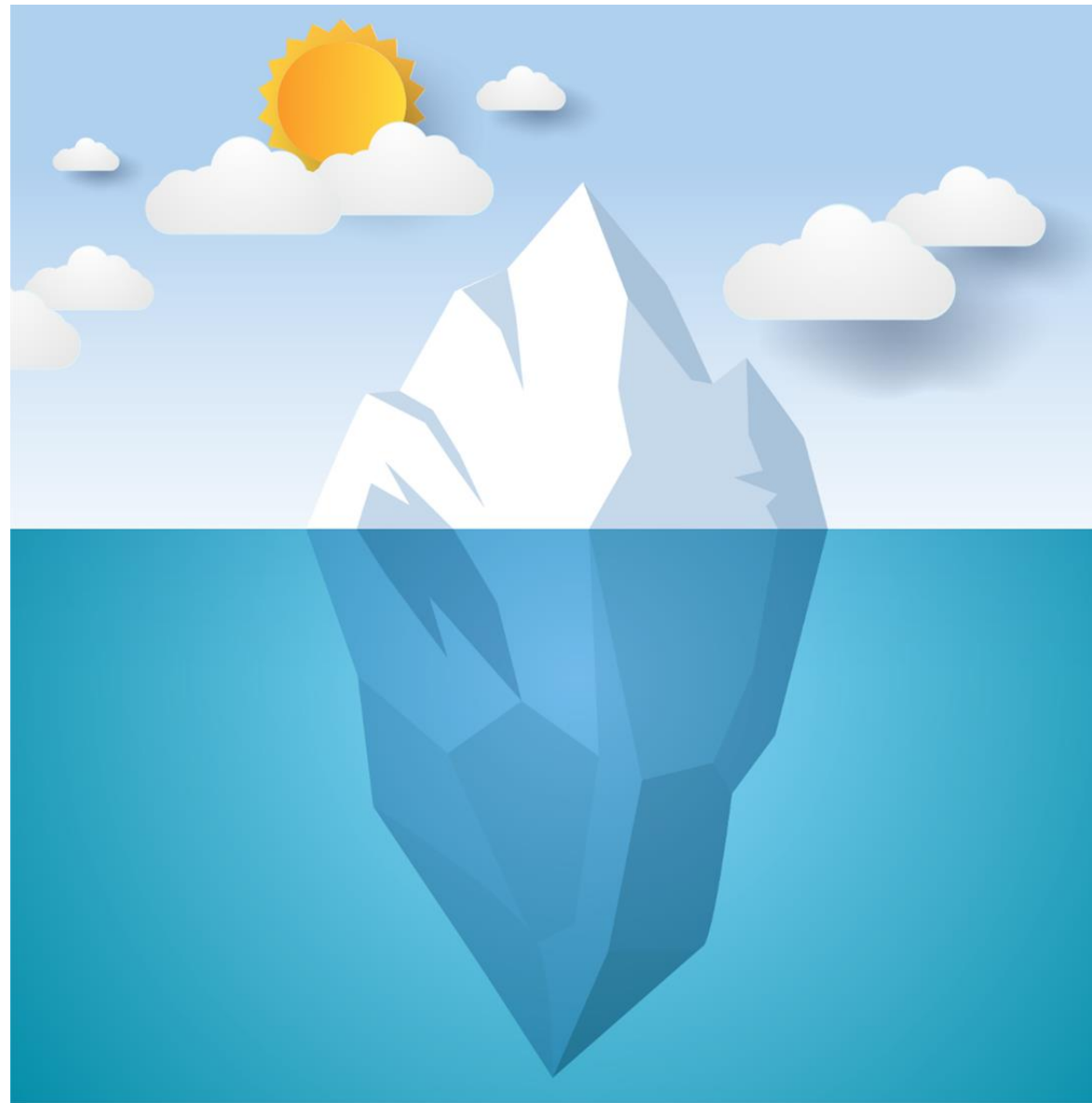
Creating a relationship based on trust and a desire to understand -rather than fix- is the starting point for change



**Behaviour**

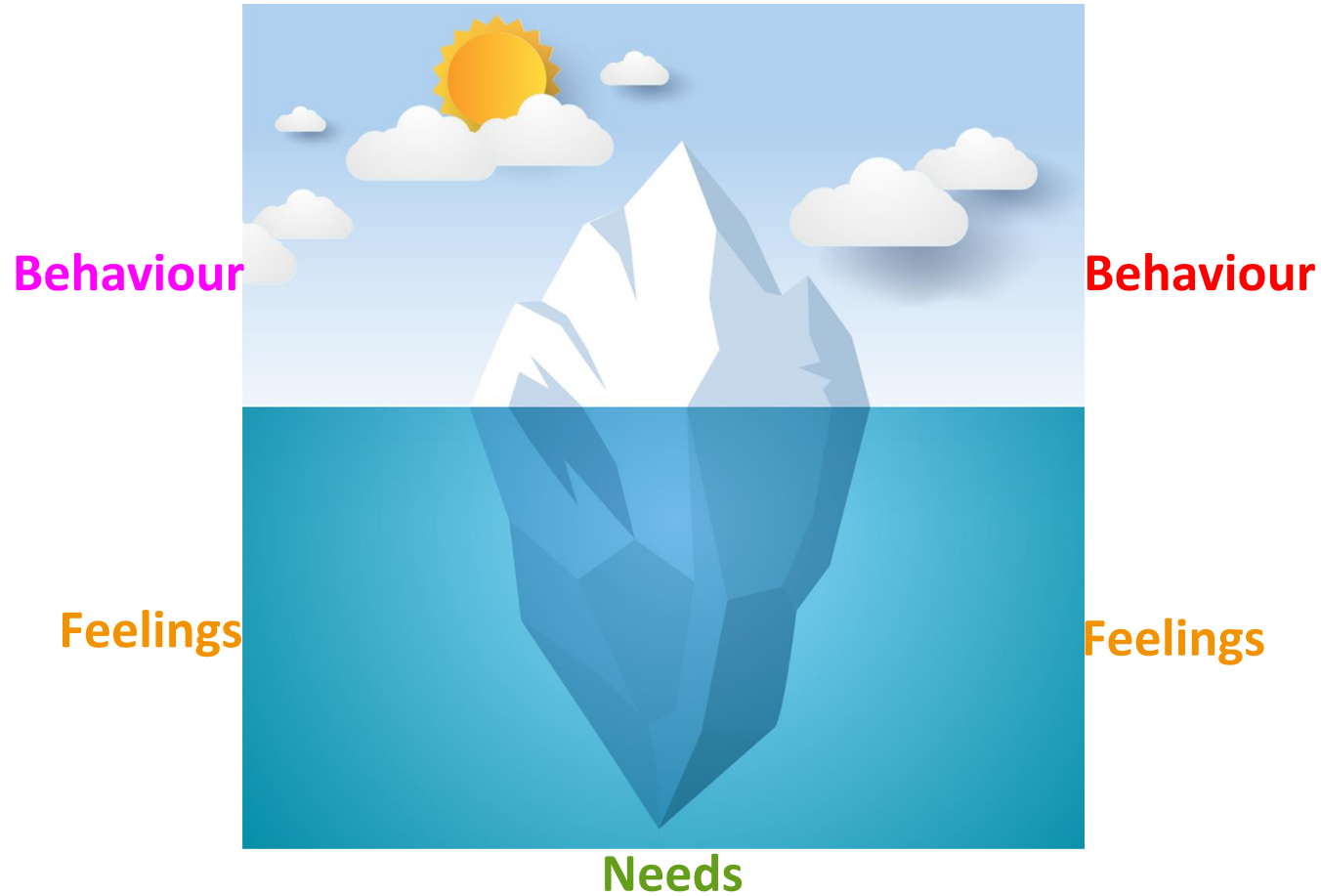
**Feelings**

**Needs**



# Activity

Imagine a parent/carer needs to make lifestyle changes but they are not sure if they can or even want to...



# Listen to the tune not the words



# Exploring issues to build confidence and motivation



Further reading: [www.henry.org.uk/resources](http://www.henry.org.uk/resources)



[www.henry.org.uk/betterstartbradford](http://www.henry.org.uk/betterstartbradford)



[www.facebook.com/henryinbradford](http://www.facebook.com/henryinbradford)



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*HENRY has had a massive impact on my family. One of the issues was thinking our children had to finish everything on their plates; it's extremely important for them to recognise when they are full, so listening to them is essential. Giving the children a choice is also very important as it gives them independence. We have a much happier home now as we have more insight and understanding of our children.*

*Bradford Parent*

