



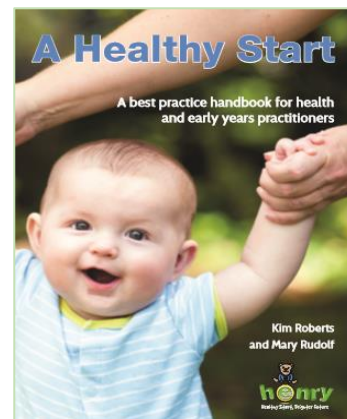
PRESS RELEASE

An invaluable new resource for everyone involved in supporting babies and young children to get the best possible start in life

A HEALTHY START
A best practice handbook for health and early years practitioners

Kim Roberts and Mary Rudolf

Publication: 7th September 2017
ISBN: 978-0-9926583-1-1
UKrrp: £20 paperback
Kindle & Apple Editions £11.99
Specs: 368pp 130 colour illustrations 21 x 27 cm



CONTENTS:

Setting the Scene: Why are the early years important?
Research into practice: Supporting behaviour change
Right from the start: Pregnancy, parent–child relationship; infant feeding; introducing solids
Healthy families: Emotional wellbeing & family life; parenting for a healthy lifestyle; children as communicators; how we eat; eating well; healthy food swaps; growing up with healthy teeth; being active; sleep; creating a healthy and safe environment
Tackling child obesity Intervening early, obese babies & toddlers – clinical issues

A Healthy Start is an evidence-based handbook to support early years professionals in their work with families of babies and young children. The book is based on the latest research and on HENRY's experience of working with many thousands of families and professionals over the past ten years - which has shown that when practitioners have the confidence and skills to move beyond simply providing information, and instead work in partnership with parents, then real and lasting change is possible.

HENRY is a national charity with an enviable reputation for providing a range of effective holistic programmes to prevent and manage early childhood obesity. HENRY has expanded this work to

support children's wider physical, social development and learning. *A Healthy Start* reflects this broader focus and applies a strengths-based and partnership approach to working with parents from pregnancy to starting school. It addresses key elements such as food and nutrition, sleep, oral health, communication, emotional wellbeing, the parent–child relationship and creating the conditions for change. Together, these elements form the foundation for lifelong physical and emotional wellbeing and enable children to achieve their potential.

About the Authors:

Kim Roberts

Kim has been HENRY's CEO since 2012. Her background is in family support and early development, with a particular focus on training practitioners and developing and delivering services that support behaviour change. Her previous publications include *Early Home Learning Matters, a good practice guide* and the *Parents Together* programme.

Mary Rudolf

Mary is a consultant paediatrician and professor of child health. For over 20 years she led the Growth and Nutrition Team in Leeds. Mary was among the first to publish the advent of the obesity epidemic in 2001. Mary has published widely on the prevention, treatment and epidemiology of childhood obesity and has authored three undergraduate and postgraduate textbooks, now translated into ten languages.

If you would like to review *A Healthy Start* then please contact:

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Background

1. Find out more at www.henry.org.uk
2. HENRY is an award-winning charity that is passionate about babies and young children having a healthy start in life. That means helping the whole family make positive changes to their lifestyle and building healthier communities. We have developed a national reputation for delivering responsive packages of support that really make a difference – working with over 60 local partners, including health trusts, local authorities, public health departments, voluntary organisations and universities.
3. Follow us on Twitter: [@HENRYhealthy](https://twitter.com/HENRYhealthy) and Facebook: www.facebook.com/HENRY.healthyfamilies