

HENRY Buddies

- Are you pregnant, or do you have a child under 2?
- Are you finding adjusting to family life a challenge?
- Or are you feeling isolated and would like a listening ear?

You are not alone!

Many parents find it challenging to juggle family life and keep their children happy and healthy from time to time. With all the different worried we all experience when raising a young family, life can sometimes feel tough.

To find out more about how a HENRY Buddy could support you contact us at:

wfsupport@henry.org.uk or
020 8496 5223



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What is a HENRY Buddy?



HENRY Buddies provide telephone support for families who are expecting or have a child aged 0-2 years old. They provide a listening ear, helping you through the tough and challenging times

What will a HENRY Buddy do?

Your HENRY Buddy will keep in touch with you by phone and text, usually 2 or 3 times a week. They will support you for around 6 weeks. They'll listen and provide you with the support you need as a parent – as well as offering practical ideas.



What will your HENRY Buddy help with?

That depends on you and your family – your HENRY Buddy will find out what's already going well for you and where you'd like new ideas that will work for your family. Examples of things a HENRY Buddy can help with include:



- planning time for yourself and ways of reducing stress
- how to make daily life at home enjoyable for you all – and reduce arguments
- fun ways of keeping active for the whole family
- first food ideas for your baby as well as ideas for easy healthy meals and snacks for the whole family

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