

HAPPY - Healthy and Active Parenting Programme in the Early Years

About the programme:

- HAPPY is a 12-session programme aimed at pregnant women with a Body Mass Index (BMI) greater than 25
- 6 of the sessions take place during the antenatal phase and 6 take place postnatally, until the baby is about 9 months old
- Groups will be for 10-12 parents / carers each
- Sessions will last around 2 ½ hours
- Fathers and other significant others will be invited to attend and are expected to attend all sessions

The programme will improve behaviours in the following areas:

- Parenting practices, parenting skills and parenting styles
- Maternal diet - pregnancy and post pregnancy
- Infant diet
- Maternal physical activity
- Infant physical activity and sedentary behaviour
- Knowledge, skills and competencies

What do we want to achieve?

- Infants with a healthy weight
- Confident and informed parents
- Healthy family diet
- Mothers feeling confident about how, what and how much to feed their infants – and doing it!
- Infants receiving a healthy diet
- Mothers being active and providing opportunities for physical activity for their children

Research

HAPPY is targeted at the early years and is designed to be integrated into local obesity care pathways. HAPPY has undergone a feasibility study with Bradford Institute for Health Research, it is hoped that any area training in the HAPPY programme will be interested in taking part in further evaluation of the programme.

Training

This 4-day HAPPY training course includes manuals and resources and can be delivered in-house to your team of up to 16 people. If you would like further information or to book please contact Pip: training@familylinks.org.uk

Cost per team of up to 16 people: £8000

*Special price available for teams trained as PGLs