



## HENRY Buddies

### Here for you during the challenges of coronavirus

Are you finding 24/7 family life with young children a struggle?

If so you're not alone!

*"HENRY has been a lifeline, I don't know where we'd have ended up without HENRY".*

Cut off from family and friends, many parents are finding it hard to keep their children happy and healthy - with schools closed, shopping restrictions and all the different worries and uncertainty that are part of life during the coronavirus outbreak.

#### What's a HENRY Buddy?

Someone who will be there for you and help you through the challenges of family life during the coronavirus outbreak.

#### What will a HENRY Buddy do?

Your HENRY Buddy will keep in regular touch with you by phone and text – usually 2-3 times a week for around 6 weeks at a time of day that suits you. They'll listen and provide you with the support you need as a parent – as well as offering practical ideas.

#### What sort of things will a HENRY Buddy help with?

That will depend on you and your family – what's already going well and where you'd like some 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
- practical ideas for easy healthy meals and snacks for the whole family

#### About HENRY

HENRY is a charity supporting families to provide the best possible start in life for babies and children. [www.henry.org.uk](http://www.henry.org.uk)

To find out more about HENRY Buddies contact:

[henrybuddies@henry.org.uk](mailto:henrybuddies@henry.org.uk)