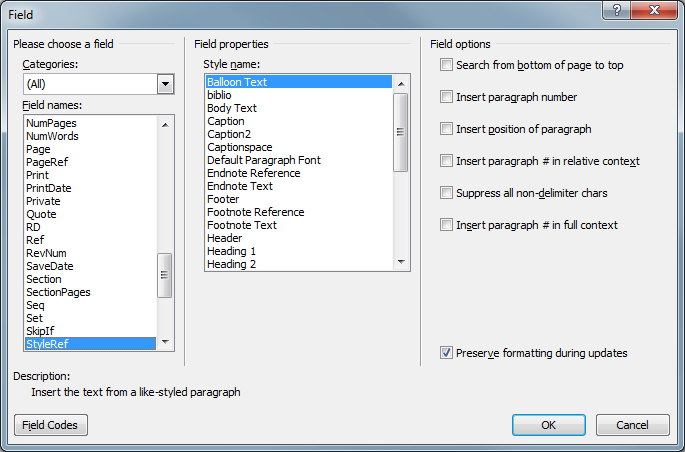
# Adding fields to Headers

On the Header and Footer Tools tab click drop down arrow on Quick Parts

Choose Field…

Choose Styleref



Select the style you wish to insert, eg Heading 1

If customised numbering has been done to insert the words “Chapter X” you can then tick Insert paragraph number in the Field options, just to insert this into the header

If you choose Heading 1 with no options you will just get the text of the Heading 1 style added (may not be the best option if the heading is 2 or more lines long)