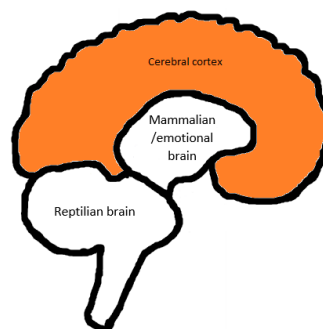


Connections Facilitator training



Becoming a parent and working out how to respond to this little bundle of joy and needs is confusing. There is lots of advice, and unwritten rules, much of which counteracts parental instinct, baby's innate nature, and puts parent and child in conflict. Parents are overwhelmed trying to work out what is the 'right' thing to do with sleep, feeding, cuddling, play. Plus they are tired. When we are tired we often default to our experience of being parented, and replicate the things we saw and heard.

Giving parents understanding of what's going on in their child's brain, how it grows, and what a strong gift connection is, will help them to approach every aspect of child rearing with a new framework.



The science and research is there to back up this approach; it shows a responsive approach, based on love, trust, communication, and fun, results in children and adults who have good mental health, are better prepared to deal with life's ups and downs, have better relationships, and even have better physical health (heart, cholesterol, blood pressure).

The workshop for parents is interactive, with information given in pictorial, written, aural, and tactile ways to enhance retention of information. The aim of the workshop is not to tell parents what they should be doing, but to help them to work out for themselves, and to find reassurance that their instincts are great, through sharing the scientific research knowledge.

There is also an emphasis on not being perfect. We can't be perfect parents all the time. And our babies don't need that. That is a positive too.

Parents want this workshop, they need this confidence, to give themselves the permission to respond, touch, love, listen, and play with their babies and their children.

The workshop for parents, and parents-to-be, includes:

- baby's brain and how it grows its connections
- what is attachment and bonding
- how parents support emotional regulation (without realising it)
- power of positive touch
- listening to babies and children
- impact of loving, responding, listening, playing, and loving your baby to build connections
- using connection in different situations: sleep, nappy changes, etc.
- developmental steps of awareness
- ideas for play and interactions
- a good enough parent

Why train to be a Connections Facilitator:

- Fill a gap and help parents in your area
- Useful income
- Handbook & resources
- Great training with experienced facilitator & ongoing support
- Supports responsive/gentle parenting
- Evidence based information
- Non-judgemental, developmental approach
- Your own business, no franchise or ongoing payments

What you get:

- It is a full day of training, in person or online.
- There is ongoing support to run your own sessions.
- You get a handbook, with helpful notes, and resources to run the workshop, or to hold discussions with people at your existing classes.
- Handouts for parents, including a booklet.

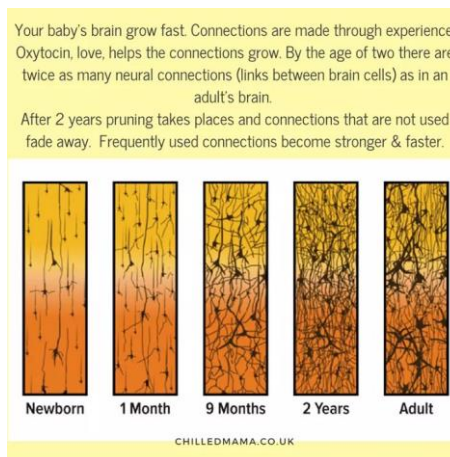
I have been training facilitators to run my various workshops for several years now.



Background

The workshop and activities have been developed over a number of years. The Connections workshop, which I have been doing online over the past few years, is based on activities I developed and delivered in person during baby massage classes, the postnatal course I wrote, Baby Days, and the various parenting programmes I have delivered. Baby Days was written by myself and a colleague when I managed a Sure Start children's centre. It was rolled out to all the children's centres in Central Bedfordshire and my colleague and I wrote the manual, and trained the staff. It is still being delivered in all the children's centres, almost seven years on.

I am a parenting practitioner (The Nurturing Programme aka Parent Puzzle; One Stop Parent Shop; Protective Behaviours), antenatal and postnatal teacher, doula, and I have trained to deliver baby massage, baby yoga, baby sign, and am a baby wearing advisor. I was a breastfeeding peer supporter, and when at the children's centre I ran the breastfeeding drop in and gave 1-1 breastfeeding and infant feeding support. I was an early years teacher and have a Psychology degree. I have also been a postnatal supporter with the NCT, and ran various baby and toddler groups over the years. I have done various training courses and attended workshops and conferences. I am a member of the Association of Infant Mental Health.



After the training:

- You will have confidence and knowledge, and simple explanations to talk with parents about infant brain development, bonding and attachment, and responsive parenting.
- You will have the understanding, resources, and confidence to deliver a two hour workshop with parents and/or parents-to-be.
- You will be able to take elements of the workshop to use in your other services, for example, lead a discussion in a baby massage class, or discuss in an antenatal session.

What does the training involve?

- Pre course reading.
- One full day training, including
 - background knowledge;
 - using the resources and how to deliver sections of the workshop;
 - group skills and scenarios;

- running your own sessions.
- Written or video reflection, to help you feel confident in delivering the workshop.
- Follow up support.

Aims:

- to introduce facilitators to the activities in the workshop
- to ensure the facilitators have the knowledge to deliver the course and support their learners
- to give the facilitators the resources to market and deliver the course in their area

Objectives

- Participants will have the underpinning knowledge to share the workshop and activities with parents, and discuss and support parents to love, touch, listen, respond, and play with their babies/children.
- Participants will feel confident delivering the activities in the workshop.
- Participants will leave feeling prepared to advertise, and run their own workshop.

Resources you will be given:

- Handbook with background knowledge, lesson plans, & outline of all the activities, with notes.
- Printable activity cards.
- Printable handouts for workshops, including my printable booklet 'Connections: how to grow a happy and confident child from birth'
- Presentation to run online Connections workshops.
- Adaptable marketing materials.
- Email templates: for enquiries, bookings and follow up.