

Starting solids facilitator training



Is it for you?

Are you looking for an extra source of income that is well tested?

Do you have an interest in supporting parents, and helping them through this stage?

It is especially suitable for people who already run antenatal or postnatal classes who would like to have something else to offer their clients.

"Another great workshop on Saturday along with lots of very confident parents who are all happy to just wait now till babies are ready - I love this workshop. The huge difference in parents' feelings and thoughts about feeding from when they arrive to when they finish the workshop - bloody fantastic!!!" Angela, hypnobirthing teacher

"Just thought I'd let you know I'm so, so glad I did the training with you! It came just at the perfect time!!.... I now absolutely LOVE what I do. I'm proud of my job / business and I finally feel passionate about what I do for a living."
Sarah, [Starting Solids](#)

About Chilled Mama's Starting Solids Workshop

I have been running these workshops for about seven years, after finding that many parents did not get enough information from the NHS talks, and were confused by advice from books and websites. The workshop covers baby led weaning and spoon feeding, the pros and cons. It gives parents the information about the guidelines, and the science behind them. The approach is to consider it a developmental stage that parents can support, not something we impose on babies. Most importantly it takes the stress away from parents. The sessions have great feedback and I often get further workshops from recommendations. Parents who have done starting solids sessions with other organisations, or have friends who have done, say they prefer this one as it is more comprehensive.

'Brilliant course. I feel so much more relaxed about weaning now and clued up on what to do and when.'

'Very clear & easy to understand. Feel more confident to begin baby led weaning.'

'Weaning doesn't seem half as daunting now I'm armed with not only menu ideas but the understanding of when babies are ready to wean and how to approach it in a stress-free way for me and my little man!'

I deliver the workshop as a public event in a hired hall, and in someone's house for a group of their friends, usually an antenatal group. I charge £30 per family if in a hall, or £25 if in someone's home. Minimum 4 people. I have done sessions with up to 14 families but usually the range is 4-7. I earn £80-£160 a time, after expenses. The workshop takes 2.5-3 hours.

Why train to be a facilitator?

- Fill a gap and help parents in your area feel calm and confident about introducing solid foods.
- Earn income with a straightforward workshop you can just turn up and deliver.
- Structured session with tried and tested interactive activities with resources to engage parents.
- Increase your knowledge and confidence in talking to parents about starting solids.
- Training with an experienced facilitator, who has developed and run the workshop to hundreds of parents.
- Handbook and marketing resources to get you started and give you confidence.
- Follow up reflection and ongoing support from me.

You do not need to be highly knowledgeable on nutrition to deliver these workshops. They are about helping parents gain a deeper understanding and a different view of weaning, from the traditional, to seeing introducing solids as supporting their unique baby's physiological development.

What does the training involve?

- Pre course reading.
- For the online training there is one small initial assignment, which replaces an activity on the in person course.
- One full day training, in person or online, including background knowledge; using the resources and practising delivering sections of the workshop; group skills and scenarios; running your own sessions.
- Or, online training, over three sessions.
- Written or video reflection, to help you feel confident in delivering the workshop.
- Follow up support.

Resources:

- Handbook with background knowledge, lesson plans, & outline of all the activities with notes.
- Printable activity cards.
- Printable handouts for workshops, including my printable booklet 'Chilled Mama's guide to starting solids.'
- Powerpoint for delivering online starting solids workshops.
- Marketing materials.
- Email templates: for enquiries, bookings and follow up.

After the course:

On completion of the training you can organise your own workshops, and other related activities. I can advise you and offer you support in organising and marketing your sessions. It is not a franchise. There are no further payments. Following successful completion of the course I will publicise your workshops on my website and social media.

About me

Using my skills as a trained parenting course facilitator and teacher I developed activities that supports parents own learning, through discussion, explanation and reflection. I drew on my training with NHS dieticians, experience of co-delivered sessions with them, my Unicef baby friendly training, extensive reading, and experience with my own children. I am also baby massage teacher, antenatal teacher, doula, and consultant facilitator for the charity Best Beginnings.

Cost:

Cost for the training is £247. This includes handbook and downloadable resources. Early bird prices may be available. You should be able to recoup the cost after delivering 2-4 workshops. You can pay in monthly instalments. Full payment must be made at least a fortnight before the course.

Additional costs:

Portable flipchart £12 (lasts 6-10 sessions), and pens.

Printing and laminating activity cards (can be purchased).

Suggested donation to First Steps Nutrition Trust.

Books. (For your reading. You may want to show them to the parents.)

Examples of finger food for each session (<£5).

Handouts for each session (approx. £1-£2 per attendee). Alternatively you can send electronic copies.

Insurance.

Insurance:

The training and the workshops are accredited as a parenting course by [IPTI](#), the independent professional therapists' insurance company that I use. It is recommended that you have public liability insurance to run the workshops, and most venues will ask for this. If you are using a different insurance company then you can contact them and add it to your cover. I can provide any information they need.

Any questions?

Please feel free to contact me and ask. I have created some videos about the workshop and the training and you can see them on my website and my YouTube channel.

I have trained facilitators all over the country. You can check out my Starting Solids Workshop page to see where they are and follow them on social media. If there is already someone in your area, don't worry; there is plenty of demand. They may not be as active as others, or may be offering workshops through a particular organisation, or at a different time or place from you.

Here is some feedback from them.

"The starting solids training was the best decision I made. To anyone thinking of attending you won't regret it, there are lots of opportunities and it's so much fun!"

Gill Norris, hypnobirthing teacher and health visitor

Thank you for this training Cathy, I found it really informative and excellent preparation for leading my own workshops. You put us all at ease and we had a great day of learning and exploring our own thoughts and emotions around weaning. You are so knowledgeable and I loved how flexible you were with regards to how we preferred to learn on the day. I'd definitely recommend this training to anyone interested in starting their own workshops. I can't wait to get out there and start running Starting Solids workshops in my area.

Joanne, Love Parenthood

Absolutely recommend it. The workshop covered all and more of the topics that are discussed in the groups that I run. Additionally, the information around the history of weaning, the research discussed, the practical information (signs of readiness etc) is information that I think is key to helping parents understand the whys, hows and whens of introducing solids, and I think that this is what they are missing. It will help parents have a clearer understanding and have the information to make the choices that are right for them and their baby.

Charlotte Daly, Mini Me, Leeds

