

WELCOME TO THE WORLD

(4-DAY TRAINING)

This 4-day training course will provide practitioners with the skills, knowledge and resources needed to deliver the 8-week Welcome to the World programme for parents. The experiential training focuses on the emotional health of the parents and baby, and the relationships between them; and emphasises the importance of supportive, positive facilitation from the practitioner. It will also enhance all their interactions with parents in the transition to parenthood.

LEARNING OUTCOMES FOR PROFESSIONALS

- ✓ Demonstrate group facilitation skills
- ✓ Support parents in building positive relationships with their baby and each other
- ✓ Explain to parents the importance of empathy and attunement
- ✓ Support parents in reducing their own and their baby's stress
- ✓ Support parents to make positive choices for themselves, including on nutrition, exercise and infant feeding.
- ✓ Demonstrate an understanding of the rationale behind the strategies
- ✓ Facilitate the Welcome To The World programme to groups of parents-to-be
- ✓ Use evaluation measures to demonstrate impact

RESOURCES

The Welcome to the World PGL Handbook and the Welcome to the World Booklet for Parents are included in the training, along with a copy of The Parenting Puzzle.

OUTCOMES FOR PARENTS AND CHILDREN

- ✓ Improved attunement and bonding
- ✓ Improving parental wellbeing
- ✓ Improving knowledge and skills in breast-feeding and practical care of babies
- ✓ Parents reflect on their own values and their hopes and fears for the future, and begin to understand the needs and intentions of their baby

BOOK TRAINING:

£820 per person

Visit our [online training calendar](#) to see training dates around the country and book your place.

£8,800 for a group of up to 16 people

To find out more or team bookings, please get in touch.

Prices applicable to training courses delivered on the UK mainland.



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