WELCOME TO THE WORLD (2-DAY TRAINING FOR PGLS)

FAMILY LINKS
The Centre for Emotional Health

ONLINE OR FACE-TO-FACE

This 2-day training course is for professionals who have already trained as a Parent Group Leader (PGL) and 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

- ✓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

Included in the online and face-to-face training are the Welcome to the World PGL Handbook and the Welcome to the World Booklet for Parents.

OUTCOMES FOR PARENTS AND CHILDREN

- ✓Improving 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:

£395 face-to-face or £250 online per person
Visit our online training calendar to see training dates around the country and book your place.

CPD CERTIFIED
The CPD Certification Service

£3,990 face-to-face and online for teams

For a group of up to 16 Parent Group Leaders face-to-face or up to 20 online. Get in touch to book or find out more.

Prices applicable to training courses delivered on the UK mainland.

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