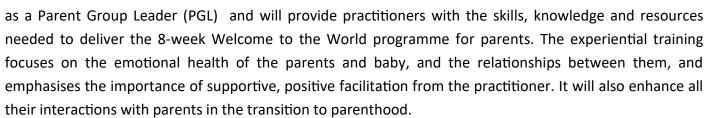
WELCOME TO THE WORLD

(2-DAY TRAINING FOR PGLS)

ONLINE OR FACE-TO-FACE

This 2-day training course is for professionals who have already trained



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:

£285 per person online

Visit our <u>online training calendar</u> to see training dates around the country and book your place.

£4,450 face-to-face or £4,200 online for teams

For a group of up to 16 Parent Group Leaders. To find out more or to discuss booking a team training, please get in touch.

Prices applicable to training courses delivered on the UK mainland.





THE CENTRE FOR

EMOTIONAL

HEALTH

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