

# 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 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:

##### **£285 per person online**

Visit our [online training calendar](#) 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.

