

# 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

This training includes a copy of both the Welcome to the World PGL Handbook and the Welcome to the World Booklet for Parents for each trainee.

## 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:

#### £900 per person

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

#### £9450 in-house team training face-to-face

For a group of up to 16 people. 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.

