

# Free Training Available for



# those working in Early Years

## Next available Courses to book: -

<b>Course Title:</b> Here's Looking At You Bump – 2 day Course	
<b>Course Dates:</b> Thursday 2 <sup>nd</sup> February and Friday 3 <sup>rd</sup> February	<b>Held At:</b> Clyst Vale Children's Centre Clyst St Mary Primary School Clyst St Mary Exeter EX5 1BG
<b>Course Times:</b> 10am – 4pm	
<b>Aimed At:</b> anyone working with expectant parents	
<b>Aim of the course:</b> This course is the first in the Here's Looking At You series and will look at the growing infant in utero. The training covers the development of the growing infant's brain, and their physical and emotional needs during pregnancy and during the first weeks of their life. The course will give professionals the information and the tools to promote early attunement between parent and infant either 1:2:1 basis or through an antenatal group.	
<b>Course Content:</b> <ul style="list-style-type: none"><li>• To support expectant parents in understanding their baby's brain growth and the impact of external factors on this growth.</li><li>• To support expectant parents in understanding their baby's physical, sensory and emotional development</li><li>• To promote early attunement between parent and infant through information on the needs of the newborn infant.</li><li>• To consider ways of using this knowledge to build effective partnerships with expectant parents based on well researched practice, by running a group or using the information on a 1:2:1 basis.</li></ul>	
<b>How to book:</b>  Please email: <a href="mailto:training.exeter@actionforchildren.org.uk">training.exeter@actionforchildren.org.uk</a> T: 01392 427063	

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## Next available Courses to book: -

<b>Course Title:</b> Here's Looking At You Baby – 2 day Course	
<b>Course Dates:</b> Friday 24 <sup>th</sup> February and Saturday 25 <sup>th</sup> February.	<b>Held At:</b> Clyst Vale Children's Centre Clyst St Mary Primary School Clyst St Mary Exeter EX5 1BG
<b>Course Times:</b> 10am – 4pm	
<b>Aimed At:</b> early year's practitioners who work with parents/carers and their babies up to 12months of age.	
<b>Aim of the course:</b> To offer all those who work with parents/carers and their babies up to 12mths of age, the latest research and understanding of the brain and the physical and emotional development of infants. Promote sensitive interactions between parent and infant which will promote the infants brain, sensory and emotional development and to consider ways of using this knowledge to build effective partnerships with parents based on well researched practice by running a group or using the information on a 1:2:1 basis.	
<b>Course Content:</b> <ul style="list-style-type: none"> <li>• <b>The importance of early attunement</b> – on an infant's physical and emotional development.</li> <li>• <b>Brain Development &amp; Development Psychology</b> – the impact and influence of positive and negative interactions and environments.</li> <li>• <b>Sensory Processing</b> – the impact and influence of sensation.</li> <li>• <b>Positioning and Body Contact</b> – it's effect on the attunement, physical and emotional development of infants.</li> <li>• <b>Turn Taking and Control</b> – it's impact on the brain, physical, emotional and social development of infants.</li> <li>• <b>Choice of Activity and Infant States</b> – different and appropriate stimulation to facilitate regulation and engagement.</li> <li>• <b>Expression of Affection</b> – understanding how affection shapes an infant's brain.</li> <li>• <b>Facial and Vocal Expression</b> – understanding how we communicate with infants and them with us.</li> </ul>	
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## Next available Courses to book: -

<b>Course Title:</b> Here's Looking At You Little One – 2 day Course	
<b>Course Dates:</b> Thursday 22 <sup>nd</sup> March and Friday 23 <sup>rd</sup> March	<b>Held At:</b> Clyst Vale Children's Centre Clyst St Mary Primary School Clyst St Mary Exeter EX5 1BG
<b>Course Times:</b> 10am – 4pm	
<b>Aimed At:</b> early year's practitioners who work with parents/carers and their babies 6months to 3years of age.	
<b>Aim of the course:</b> To offer all those who work with parents/carers and their children from 6mths to 3years of age, the latest research and understanding of the physical, sensory, brain and emotional development of babies and young children. This information will support sensitive interactions with infants thus encouraging the development of child initiated and appropriate learning opportunities and environments and to consider ways of using this knowledge to build effective partnerships with parents based on well researched practice by running a group or using the information on a 1:2:1 basis.	
<b>Course Content:</b> <ul style="list-style-type: none"><li>• <b>The importance of early attunement leading to secure attachments</b>– and the importance this will have on the growing child's physical and emotional development.</li><li>• <b>Brain Development &amp; Development Psychology</b> – the impact and influence of positive and negative interactions and environments on the growing child's ability to be successful in their environment and relationships with others. This will include a child's emotional development, especially in relationship with their behaviour.</li><li>• <b>Sensory Processing</b> – the impact and influence of sensation on the growing child's physical and emotional development and their relationships with others. This will include different and appropriate stimulation and activities to facilitate regulation and engagement in children. Also considered, will be the concept of the 'just right challenge' and it's impact on the child's developing sense of confidence and self esteem and the influence of the sensory system the attunement, physical and emotional development of the growing child.</li></ul>	
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# Free Training Available for



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## Next available Courses to book: -

<b>Course Title:</b> Introduction To Postnatal Depression -1 day Course	
<b>Course Dates:</b> Thursday 23 <sup>rd</sup> February	<b>Held At:</b> Clyst Vale Children's Centre Clyst St Mary Primary School Clyst St Mary Exeter EX5 1BG
<b>Course Times:</b> 10am – 4pm	
<b>Aimed At:</b> anyone working with parents.	
<b>Aim of the course:</b> <ul style="list-style-type: none"><li>• To have an overview of postnatal depression</li><li>• To have an awareness of the symptoms of postnatal depression</li><li>• To have an understanding of the impact of postnatal depression on the Mother-infant relationship.</li><li>• To have an understanding of the impact on the mother and family as a whole.</li><li>• To have an understanding of the possible ways of working with women with postnatal depression</li><li>• To be aware of some of the treatments available for postnatal depression.</li></ul>	
<b>Course Content:</b> <ul style="list-style-type: none"><li>• An overview of Postnatal Depression</li><li>• What is Postnatal Depression?</li><li>• The symptoms of Postnatal Depression</li><li>• The impact of Postnatal Depression on the infant relationship and the wider family (father and siblings).</li><li>• The possible ways in which practitioners can work with women experiencing Postnatal Depression.</li></ul>	
<b>How to book:</b> <p>Please email: <a href="mailto:training.exeter@actionforchildren.org.uk">training.exeter@actionforchildren.org.uk</a> T: 01392 427063</p>	