

# Midlothian Sure Start



[www.midlothiansurestart.org.uk](http://www.midlothiansurestart.org.uk)



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Midlothian Sure

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## A Good Start Instructors Training



## A Good Start



**A Good Start (AGS)** is an award-winning early intervention parenting programme developed by Midlothian Sure Start in co-production with parents. **AGS** was presented with the inaugural Evelyn Gillan Research Impact Prize for non-academic submission at the Centre for Research on Families and Relationships international conference – [Unequal Families and Relationships](#) in June 2016.

Dr Tineke Broer commented on **AGS**: "Parents spoke of how neuroscientific concepts and ideas have helped them to gain more understanding of, and be more patient with, their children."

Parents speak of the value in meeting with other parents - building their confidence, reducing anxieties about caring for an infant and feeling more confident in accessing local services. The information we have collected from participants in **A Good Start** programmes tell us that - 87% of parents indicate improved child development knowledge and 92% identify that they know more about parenting.

Recognised by:



## A Good Start Instructors Training

'The **AGS** Instructor Training Course' aims to enable practitioner trainers to transfer knowledge and help develop the core skills of case holding (parenting) practitioners to deliver the award winning **AGS** parenting programme to new parents and their babies from approximately 6-8 weeks after birth.

In 2021 the programme was submitted to **AiMH UK** and was subsequently recognised "as a quality learning and teaching course in infant mental health."



# Training Overview

The course is delivered over 4 Days of initial training with students going on to practice delivery, building confidence and experience while maintaining fidelity to the content of the programme. A further day of reflective practice and practical assessment is scheduled around 6-8 months after the initial training days. Completion takes around 1 year for most students and is supported by tutors.

The course enables students to teach the full course including baby massage to parents/carers. It includes the learning of the theory and practice of baby massage, the parent: infant relationship, attachment theory and group skills.

The course requires home study, gathering and presenting a reflective portfolio, a written and a practical assessment.

Students will have access to course resources, research references, websites and the baby massage sequence. We also recommend the purchase of the book 'Infant massage: "The Definitive Guide for teaching parents"', (2010) by Pauline Carpenter and Anita Epple.

Student Instructors are expected to deliver the programme to a minimum of 15 parents and infants over 3 groups of between 6-8 parents and infants. The programme can also be delivered on a 1:1 basis.

## Course Content

- ♦ Theories and evidence which underpin the aims of the programme
- ♦ Knowledge, Skills and Confidence to practice and teach parents the course safely
- ♦ Group skills to provide the course to parents in small groups or 1:1
- ♦ Tutor support

### Observation of Practice

Observation of practice to support growing confidence in techniques and quality of the programme takes place during the practice delivery phase within 6-8 months of the upfront training. The observations can take place in person or can be recorded and shared with tutor.

### Written assessments

Written Knowledge assessment should be completed before the fifth day of training after the post practice period usually around 9 months after initial training.

A reflective essay with a minimum 2500 word count of the learning journey to include the students experience of all aspects of delivering the programme including the parent:infant relationships observed and any support required to meet the emergent needs of the relationship. This should be completed before attending the final day of training or within 3 months of the final day of training if agreed with the course lead.

## Post Practice Training Day

The post practice training day is a compulsory element which comprises a reflective review of practice and delivery of the programme. The discussion also incorporates the emergent needs of the parents and infants who attended and the response to these including examples where difficulty in the parent and infant relationship presented to foster a shared learning experience.

Competency sign off of the practical delivery aspects of the programme will be agreed on this date, on an individual basis, with any next steps identified and discussed to form an ongoing development plan.

## Final Portfolio

The final portfolio should contain the following:

- ♦ preparation of teaching sessions and materials (parent handouts), scheme of work and weekly lesson plans
- ♦ parental evaluation forms (completed AGS Wellbeing Web with analysis of parents self reported scores), registration forms and group registers should also be included.
- ♦ summary of how the individual learning style of participants were met.
- ♦ observation with feedback from tutor
- ♦ Written assessment (Knowledge and Understanding of Infant Massage)
- ♦ Written reflective essay including weekly reflective forms (if used)
- ♦ Short parent and infant relationship case study
- ♦ references to research articles and books if cited

The completed portfolio can be submitted before attending the final day of training or within 3 months of the final day of training if agreed with course provider.



# Costs for training of AGS Instructors

*Costs for delivery of Course Instructors Training are available on request*

## **Individual Training**

This cost includes all training days, teaching materials, access to course resources, assessment and tutor time for 1 year.

**Not included:** Massage doll and kit for group delivery.

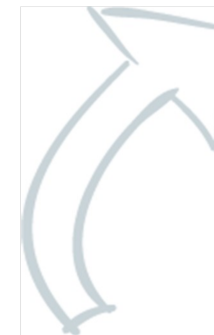
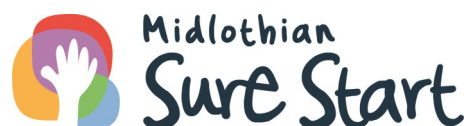
## **Group Delivery**

We can provide a customized training package for groups of 10 employees. For smaller groups please contact us for a quotation based on your needs.

**Not included in cost:** Massage doll; costs of travel and accommodation where required for 2 facilitators.

## **Free Training**

We provide free training to volunteers who are able to commit to deliver training to support your Infant Mental Health delivery plan in Midlothian or in Tranent or Prestonpans in East Lothian. Contact Jackie Davidson for more information.



Contact details:

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AGS Course

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Head Office

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## Feedback

We welcome feedback as part of our continuous improvement of services. You can do this by talking to the staff at the Team, or by emailing [feedback@midlothiansurestart.org.uk](mailto:feedback@midlothiansurestart.org.uk).

