

Welcome to the World programme



The Welcome to the World programme is an 8-week group for parents expecting a baby. The programme contributes to increased empathic attunement and secure attachment and encourages positive relationships. It offers parents the opportunity to think about the kind of parent they would like to be. The aim is to support parents in advance of and during this significant period of adjustment, to create their own emotionally healthy family. This 4-day training course equips practitioners to facilitate Welcome to the World Groups and to work effectively with expectant parents in one-to-one work.



Aims of the Welcome to the World Programme for expectant parents

- ✓ To give an opportunity for expectant parents to explore their roots, traditions, hopes and fears for the future
- ✓ To develop strong communication between parents by sharing experiences and ideas
- ✓ To increase parents' reflective functioning and understanding of their baby: how he/she develops before and after birth, their physical and emotional needs, the importance of attunement, attachment and empathy
- ✓ To increase parents' understanding of their own emotional health and the need to nurture themselves to provide the best opportunities for the baby to grow and flourish
- ✓ To enable parents to think about their future as a parent, a couple, a family
- ✓ To increase parents' understanding of the benefits of breastfeeding and the practical tasks of caring for a new baby

The training course promotes

- ✓ Personal and professional reflection with a focus on facilitation skills and group dynamics
- ✓ Facilitative and empathic work to increase confidence and skills in expectant and new parents
- ✓ Knowledge and confidence in the use of the Welcome to the World programme
- ✓ A partnership approach to work with parents
- ✓ Consistency of practice amongst all professionals in midwifery, health visiting and children's centre teams

Welcome to the World quality

The Welcome to the World Programme has been awarded the CANparent quality mark and is psychologically and theoretically robust, drawing on an understanding of attachment theory, neuroscience and the importance of the critical 1001 days between conception and age 2. It meets and exceeds the recommendations in Preparation for Birth and Beyond (DH 2011).



Training options:

£820 per person

Visit our [online training calendar](#) to see training dates around the country and book your place. Contact the training team for further details: training@familylinks.org.uk or 01865 401800

£8800 for a group of up to 16 people

To find out more or to book an in-house training course for your team contact Pip: training@familylinks.org.uk or 01865 401800

Prices applicable to training courses delivered on the UK mainland.

Cost includes a *Welcome to the World Handbook* and the *Welcome to the World Booklet for Parents* for each trainee. Please note that to meet National Occupational Standards for Work with Parents, Welcome to the World Parent Groups must be facilitated by two trained group leaders.

"The course was fantastic, it was great to be able to think about these things before my baby was born, I feel much more confident now about what my baby will need as it grows"

www.familylinks.org.uk

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