

Solihull Approach

Antenatal Parenting Group Facilitator Training

PROGRAMME

- 09.15 Arrivals
- 09.30 Housekeeping
- 09.35 Delegates paired introductions and Feelings Map
- 10.00 Introduce the day and overview of the course
- 10.15 Establish rules for the group
- 10.25 What questions would you like answered by the end of the day?
- 10.45 Reflections – The experience of attending a group
- 11.05 Break for coffee/tea**
- 11.20 How the Solihull Approach model relates to the Parenting Group
- 11.30 Getting to know the Solihull Approach Antenatal Parenting Group Facilitators' Manual
- 12.10 Lunch**
- 12.40 Practising group skills
- Break for coffee/tea**
- Practising group skills continued
- 15.20 Evaluations and endings
- 15.40 Feedback, questions, certificates and goodbyes
- 16.00 Close

CPD: 6.75 hours