

Active Baby at Home Training and Delivery Package

This 2-day training course will provide practitioners with the skills, knowledge and resources needed to deliver the 6-week Active Baby at Home programme for parents/carers.

The training focuses on physical development and wellbeing of the significant adult (parent/ carer/ relative/ friend) and baby, and the relationships between them; it aims to emphasise the importance of movement through movement-based play, contributing to a baby's developing physical literacy in the first year and beyond.

About the programme

Our **Active Baby at Home** Programme is for families with one or more baby between the ages of 4 weeks to 8 months and our vision is that both parent/carer and baby will increase their physical activity levels and movement-based play time together. We hope that the increase in physical activity levels will also boost the mental well-being of the adult.

The 6-week programme provides information about physical development, and early movement patterns, such as tummy time, crossing the midline, rolling, sitting, and crawling. Each week builds on the previous week, so attending all sessions in the *Active Baby at Home* programme brings the most benefit. It provides opportunities for both baby and adult to move and play with everyday objects and materials, where parents can meet other parents, as well as gain new ideas to introduce movement-based play time

into everyday routines that will support a baby's physical development and well-being.

Each session is based around a theme that highlights the importance of play and how physical literacy is central to a developing baby, contributing to their physical and emotional well-being.

Topics include:

- Tummy Time
- Rolling
- Crawling
- Gross Motor Development
- Fine Motor Development
- The importance of going out and about

***Active Baby at Home groups must be delivered by a trained facilitator.**

Learning outcomes for professionals

On completion of the training, practitioners will be able to:

- demonstrate group facilitation skills with families and babies
- support parents in building positive physical/healthy playful relationships with their baby
- explain to parents the importance of active play and early movement patterns
- support parents to add floor-based movement into daily routines

- support parents to make positive choices for themselves and their baby contributing to physical and emotional wellbeing
- facilitate the Active Baby at Home programme to groups of parents with babies from 0-8 months.

Course Overview & Cost

This training is delivered face to face in groups of up to 16 people.

We recommend the programme is delivered by a lead facilitator and co-facilitator who can support the significant adult (parent/ carer/ relative/ friend) and baby to access floor-based play and relax and participate together.

Cost: Early Years Wales members offer; £295.00 for two people to access the two training days and parent resources for 1 course. Please note both days must be attended in order to deliver the six-week programme.

Day 1:

Morning:

- Who is the Active Baby at Home programme for?
- Background Information about the Active Baby at Home programme
Facilitating parent groups

Afternoon:

- The importance of movement and physical activity to the holistic development of baby's Physical development, neurophysiological development, and spontaneous movement play

Day 2:

Morning:

- An Introduction to the *Active Baby at Home* Programme and Physical Literacy. Session plans for delivery, facilitator, and Information cards for families

Afternoon:

- Active Baby at Home in practice, exploring delivery

A certificate of attendance will be issued upon completion.

Resources on completion of training - Included in the 2-day training cost:

- Manual/handbook
- Session plans
- Access to 6 Active Baby at Home videos
- 12 parent packs (including parent cards to take away)
- Suggested list of equipment for delivery

The training will require a refresher day 1 year on following the existing training

Testimonials & Impact

“The sessions were great, one of the best courses I've done. The pace was perfect and great to be shown so many practical things to try. Ideas for helping your little one learn the next skill has been really helpful and is the only course that has covered this.”

“I really liked all the sessions but in particular the tummy time session as it's something Sam wasn't a fan of and the ideas from the session helped to improve the amount of time he now spends and enjoys in tummy time.”

“Brilliant – it has given me lots of easy to access ideas and I will be definitely using them. Very friendly and knowledgeable team. Diolch”

Click the link for more [evidence to support the effectiveness of the Active Bay at Home programme](#) and its outcomes for new parents and their baby.