Parents Plus Early Years Programme (PPEY)

Facilitator Training

This Facilitator Training for professionals will take place over five morning sessions on zoom (9.15am-1:30pm) and will equip participants to use this programme with parents both in groups and individually and in online and face to face settings. In addition, it gives you a structure and solution focused method for providing Individual Family Sessions to enhance family problem solving.

The training is interactive with lots of opportunities for participation and group learning. There are regular screen breaks and one longer tea break for 15 mins at 11/11.15am. See the breakdown of the structure and content of the training modules below, though the exact format of training will be tailored to the needs of the participants. To enhance learning participants may be invited to complete a short assignment between sessions.

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| **Module** | **Topics Covered** |
| **1** | Introductions and Programme Overview  Setting your Training Goals  Background to PPEY, Research and Evidence base  Introduction Video  Navigating the Programme Materials  Review of delivery models: a)Original **six to twelve week group** intervention, combining group and individual sessions b) As an **individual programme** delivered to parents in the home over a period of up to one year. C) **short workshops** tailored to the needs of your parents  **Familiarising with Original Delivery Positive Parenting and Positive Discipline programme topics**  *Practice exercises* (Small Group Work/Breakouts) |
| **2** | **Familiarising with the Core Programme delivery**  Review of 14 topics  *Programme content Practice exercises* (Small Group Work/Breakouts)  Preparation for Session Planning and Group Work facilitation/Delivery skills practice |
| **3** | **Planning a group session (Small Group Work/Breakouts)**  *Practice exercise*- Delivering a group session (Small Group Work/Breakouts)  Dealing with challenges - group dynamics, complex and varying needs, time management and other topics arising |
| **4** | **Individual family delivery** ( parent goals, portfolio folder, video practice)  Working with Parents - Demo of Solution Focused Parent Consultation model  *Practice exercise* - Pre programme meeting and Solution Focussed Goal Setting (Small Group Work/Breakouts)  Video Feedback Sessions with Parents  *Practice exercise* – Giving Strengths Based feedback to parents (Small Group Work/Breakouts)  More on managing challenges - programme delivery in your service context |
| **5** | **Getting groups started, group design, next steps**  Ensuring/monitoring the Running a Good Quality Programme  The PP Quality Protocol - gaining parent feedback and reviewing progress  Post training Supervision & the Parents Plus Accreditation Process  More on the Strengths Based Model & Core solution-focused facilitator skills  *Practice exercise* – Conducting the ‘Review of the Week’ section of the programme  Short workshop delivery format  Engaging parents, getting buy-in and motivation |

A copy of the Parents Plus Early Years Programme Facilitators Manual and Parent Book are required for the duration of the training modules. Full attendance for the 5 modules is required for certification and we ask each participant to complete a feedback form at the end of each day. This feedback will help us fine-tune the training modules to ensure you get the most out of your Parents Plus training.

**To enhance the Learning Participants are invited to:**

1. Look over the Facilitator Manual and Parent Book in advance of each module.
2. Between modules you may be asked to some specific homework task based on programme content.

**Learning Outcomes**

By the end of this Training attendees will:

* Understand the core components of the PPEY and be ready to use the programme with parents and children, both in groups and individually.
* Demonstrate key skills in the strengths-based parent engagement model, facilitating solution-focused group work with parents, including engagement, retention and responding constructively to challenges.

**Original Early Years Programme - Session by Session Content summary**

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| **Positive Parenting** |  | **Positive Discipline** |
| ‘Tuning In’ to your Children | Group 1 | Pressing the Pause Button |
| Paly and Special Time | Group 2 | Getting Children to Do What You Ask |
| The Best Way to Play with Children | Group 3 | Establishing Routines and Rewards |
| Encouragement and Talking feelings Through | Group 4 | Praising Good Behaviour Ignoring Misbehaviour |
| Ensuring Encouragement Gets Through | Group 5 | Using Consequences to Deal with Misbehaviour |
| Reading Books Together | Group 6 | Time In and Time Out |
| Teaching New Skills and Language | Group 7 | Prevention Plans |
| Creative Play | Group 8 | Problem Solving |
| Using Stories to Teach Children | Group 9 | Parent Self-care |

**Core Delivery – 14 topics delivered to individual parents or small groups**

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