A group of people walking on a beach

Description automatically generated

**Parents Plus Healthy Families Programme (PPHF)**

**Facilitator Training**

This Facilitator Training for professionals will take place over 4 mornings via Zoom and will equip participants to use the programme with parents in groups, workshops and individually. The programme topics can be delivered as standalone workshops for parents as well as forming an 8 session course - see summary of programme modules.

The training is interactive with lots of opportunity for participation and group learning. If you have any particular learning needs that you would like to share with us you are welcome to contact us before the training or let us know as we move through the modules.

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.

**PPHF - Eight Session Programme Topics**

1. Empowering Parents
2. Family Connection
3. Healthy Food Routines
4. Healthy Mealtimes
5. Active Play
6. Managing Technology
7. Restful Sleep
8. Happy, Healthy Mind

**Facilitator Training for Professionals - content breakdown**

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| **Module 1** |
| Introductions and Programme Overview  Setting your Training Goals  Background to PPHF, Research and Evidence base  Navigating the Programme Materials and structure - delivery formats (Group & Workshops)  Intro to the Strengths Based Model & Solution-focused Group Work ideas - Role of Facilitator  Familiarising with the programme content - healthy habits, good routines, challenges, checklists.  *Practice exercises* *on content* (Small Group Work/Breakouts) |
| **Module 2** |
| Running Parent Programme (8 week format)  Workshop format  2 x Practice exercises (Small Group Work)  Session Planning and Group Work facilitation/Delivery skills practice |
| **Module 3** |
| More on facilitation - group dynamics, complex and varying needs, time management and other topics, Practice challenges Online Vs Face to face delivery Monitoring the Running a Good Quality Programme  The Parents Plus Quality Protocol - gaining parent feedback and reviewing progress  Post training Supervision & the Parents Plus Accreditation Process |
| **Module 4** |
| Practice exercise – Conducting the ‘Review of the Week’ section of the programme sessions  Working with Parents using Parents Plus Parent Consultation model  Setting Solution Focussed Goals with parents  Demo and practice - Pre programme meeting and Goal Setting (Small Group Work)  Getting groups started  Engaging parents to attend, getting buy-in and motivation  Getting groups started, group design, next steps  Next steps and closing |

A copy of the PPHF Facilitators Manual and Parent Book is required for the duration of the training. Full attendance at all 4 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 the Parents Plus training.

**Learning Outcomes**

By the end of this Training attendees will be able to:

1. Identify and discuss the core components of the PPHF including structure, topics and exercises that make up the programme and start to use the programme with parents, both in groups, in workshops and individually with families.
2. Demonstrate key skills in the strengths-based parent engagement model, facilitating solution-focused groups with parents, including engagement, retention and responding constructively to challenges.
3. Recognise and begin to address the factors that may support or hinder the implementation of the PPHF parent course in their local context.