



Baby Bonding 2024 Report



About the programme

Who is this course for?

This 2 day CPD accredited training course is ideal for all practitioners working with families who may wish to extend their work to babies and their carers e.g. Play and other Creative Arts Therapists, social workers, teaching staff, midwives, nurses, charity workers, family outreach workers, nursery staff, health educators, children's centre staff and others.



Baby Bonding is an early help programme that guides and empowers parents and carers to develop secure relationships with their babies.

This flexible and accessible programme can be delivered with groups, 1:1 or through a home-visiting model and is suitable from 28 weeks of pregnancy.

Aims of the course

Baby bonding practitioner training offers the following:

- A strong grounding in the latest attachment and neuroscience research and theory that underpins the Baby Bonding programme.
- Understanding of the role parents and carers play in ‘wiring up’ their baby’s brain and how this lays the foundation for social and emotional wellbeing in later life.
- Understanding baby behaviour and temperament through a sensory lens
- Knowledge of concepts such as regulation and co-regulation, reflective functioning and mentalization and how they are woven throughout the programme through gentle, creative and playful activities
- Tools to empower parents & carers and support emotional resilience as they journey into parenthood
- A reflective space to develop your own authentic style of facilitation
- A range of pre and post outcome measures to support evaluation and commissioning requirements
- Access to a hub of research articles, videos and resources including example session plans so that you are ready to start offering Baby Bonding sessions on completion of the course!
- Access to an online community of like-minded practitioners for ongoing support.

Our 2024 results

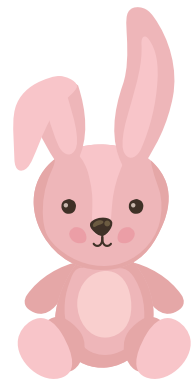


75% of parents were able to recognise that their child's needs change throughout their development

50% of parents felt more able to have fun together with their child



40% of parents felt more confident that their child would go to them for comfort and support



60% of parents say that their child feels more safe in their care following the sessions



20% of parents reporting increased confidence in their ability to soothe their child when distressed

20% of parents felt that their relationship with their child had improved

Testimonials



“A thoughtful and compassionate course to help remind us what is really important about the parent and child relationship.”

“In-depth information on child development with practical resources to demonstrate the mechanisms of baby bonding.”

“This is an extremely interesting and informative course which inspires practitioners to make a positive impact on the lives of parents/carers and their children.”

“A very informative course on the brain and the bonding relationship between parent and baby.”

“The course is simple to understand but clearly rooted in evidence. It has lots of advice and instructions to get started straight away.”

Contact us

Baby Bonding is available as an online, on demand training course and as a face to face course for groups of 12 or more.

Please contact us for more information:

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