

Redesigned 'My Baby's Brain' training for professionals working with young children & parents – upcoming dates

My Baby's Brain introduces practitioners, who work with children aged 0-3 years old, to the key principals of neuroscience and how they can help parents, children and babies form strong attachments that will encourage healthy development.

My Baby's brain has been redesigned and will now be delivered virtually over one day. We are also offering Deep Dive Webinars to delve into topics such as shame even further! The following trainings are available:

1. My Baby's Brain Universal (strand A) - 1-day virtual training for professionals

About: The strand A learning journey is for any practitioners delivering universal support to children and families in the early years, including Health Visitors, Midwives, Family Centre workers and Early Years professionals.

This course includes:

- An introduction to the Five to Thrive as a model, helping parents to understand the impact they have on the developing brain of their child.
- A focus on trauma and its impact, and how recovery from trauma is promoted in our day-to-day interactions.

When: Available dates for this virtual full-day training include:

- Wednesday the 27th of September 2023 at 9.30am-3pm
- Tuesday the 24th of October 2023 at 9.30am-3pm
- Thursday the 18th of January 2024 at 9.30am-3pm
- Monday the 5th of February 2024 at 9.30am-3pm

Where: The training will be delivered virtually by KCA via the Zoom platform.

Link to book your place: [Strand A Registration Link](#)

2. My Baby's Brain Targeted (strand B) - 1-day virtual training for professionals

About: The strand B learning journey is for any practitioners delivering targeted services to children and families. This includes Family Safeguarding and Specialist Services, Family Centre practitioners, specialist midwives and some health visitors.

This course includes:

- The importance of attachment relationships and how early childhood adversity can lead to developmental trauma, impacting on the way babies and children think, feel, and behave.

- An introduction to the Five to Thrive as a model for promoting secure attachment relationships and participants will reflect on the plasticity of the brain and the way the network around vulnerable families can support the most vulnerable parents.
- This training will also focus on trauma and its impact and the implications of trauma informed practice.
- Practitioners will also recognise their own vulnerability working alongside traumatised individuals, providing opportunities for reflection.

When: Available dates for this virtual, full-day training include:

- Thursday the 28th of September 2023 at 9.30am-3pm
- Wednesday the 25th of October 2023 at 9.30am-3pm
- Tuesday the 23rd of January 2024 at 9.30am-3pm
- Monday the 12th of February 2024 at 9.30am-3pm

Where: The training will be delivered virtually by KCA via the Zoom platform.

Link to book your place: [Strand B Registration Link](#)

3. My Baby's Brain Deep Dive Webinar: 'Beyond shame: developing a positive sense of identity'

About: This session is for any practitioners who work with children aged 0-3 years old and their families that have already completed My Baby's Brain training (strand A or B).

This deep dive session will provide an understanding of shame, its impact on our brain and functioning and its role in parenting. This session will explore how identity is created and will support practitioners in their work with parents by helping them to minimise a shame response and support confident parenting.

When: Available dates for this virtual, full-day training include:

- Tuesday 14th November 2023 at 11am-12.30pm
- Wednesday the 6th of March 2024 at 11am-12.30pm **Please note, content of this Deep Dive session is to be confirmed*

Where: The training will be delivered virtually by KCA via the Zoom platform.

Link to book your place: Those who have previously completed My Baby's Brain training or are booked to complete strand A or B training will be sent a link via email to book a place on this training.

If you need help or have any questions, check out our Frequently Asked Questions below or email us at ehcommissioning@hertfordshire.gov.uk

My Baby's Brain Training: Frequently Asked Questions

Question 1: Is there a cost for My Baby's Brain training?

Answer 1: This training is currently offered free of charge for Hertfordshire Children's Services staff and all Children's workforce partners. However, to give as many practitioners as possible an opportunity to access this training, you may be charged if you cancel without a valid reason or fail to attend a training session.

Please note that all cancellations must be notified by email to ehcommissioning@hertfordshire.gov.uk. If a booking is cancelled within 10 working days without a valid reason or you fail to attend a session, a cancellation fee of £50 will be charged. You will see further details of our Cancellation Policy when you book your place.

Regardless of whether practitioners who have booked a place actually attend the training, Hertfordshire County Council (HCC) incurs a cost. To ensure HCC continues to use funds in the most appropriate way in this challenging financial climate, it is important that we ensure value for money. Low attendance may mean the provision of this training is reconsidered.

Question 2: I work with both universal and targeted, which full day course should I pick?

Answer 2: Choose the strand which covers most of your work.

Please note that there is a lot of overlap between the content of strand A and strand B and so sharing learnings within your team so that you have a mix of universal/targeted knowledge may be more helpful than every practitioner trying to attend both courses.

Question 3: Do I have to attend this training, or will there be a recording available?

Answer 3: This redesigned My Baby's Brain (strand A and B) training will be delivered virtually by KCA via the Zoom platform over one full day. You must attend this training live; you will not be provided a recording to watch later.

This session will be interactive, providing opportunities for you to share your experiences with other practitioners. Therefore, to get the most out of this training, you need to attend live and will be expected to have your camera and microphone on to fully engage with this session and with your colleagues.

Question 4: What if the training I want to attend is fully booked?

Answer 4: If any training is fully booked, you will be added to a waiting list and contacted if a place becomes available.

This is why it is important that practitioners let us know as early as possible if they cannot attend their chosen training, so that limited places can be offered to another practitioner.