

Starting solids facilitator training



Is it for you?

Are you looking for an extra source of income that is well tested?

Do you have an interest in supporting parents, and helping them through this stage?

It is especially suitable for people who already run antenatal or postnatal classes who would like to have something else to offer their clients.

"Fantastic course! Looking forward to passing on the knowledge."

"The course was informative and enjoyable. I gained a lot of knowledge and the practise at presenting was valuable."

About Chilled Mama's Starting Solids Workshop

I have been running these workshops for about seven years, after finding that many parents did not get enough information from the NHS talks, and were confused by advice from books and websites. The session covers baby led weaning and spoon feeding, the pros and cons. It gives parents the information about the guidelines, and the science behind them. The approach is to consider it a developmental stage that parents can support, not something we impose on babies. Most importantly it takes the stress away from parents. The sessions have great feedback and I often get further sessions from recommendations. Parents who have done starting solids sessions with other organisations, or have friends who have done, say they prefer my one as it is more comprehensive.

'Brilliant course. I feel so much more relaxed about weaning now and clued up on what to do and when.'

'Very clear & easy to understand. Much less daunting now. Feel more confident to begin baby led weaning.'

'Weaning doesn't seem half as daunting now I'm armed with not only menu ideas but the understanding of when babies are ready to wean and how to approach it in a stress-free way for me and my little man!'

I mostly do the workshops in people's houses for small groups of friends. This is the easiest way to run them, and gives parents a safe space to ask questions. I charge £30 per family if in a hall, or £25 if in someone's home. Minimum 4 people. I have done sessions with up to 14 families but usually the range is 4-7. I earn £80-£160 a time, after expenses. The workshop takes 2.5-3 hours.

Why train to be a facilitator?

- Fill a gap and help parents in your area feel calm and confident about introducing solid foods.
- Earn income with a straightforward workshop you can just turn up and deliver.
- Structured session with tried and tested interactive activities with resources to engage parents.
- Training with an experienced facilitator, who has developed and run the workshop to hundreds of parents.
- Handbook and marketing resources to get you started and give you confidence.
- Follow up reflection and 1-1 post training call with me.
- Ongoing support.

"Brain is full! Really informative day. Loved the practice sessions. Looking forward to setting something in motion."

"Really friendly and knowledgeable. Course content was exactly what I was looking for!"

What does the training involve?

- Pre course reading.
- One full day training, including background knowledge; using the resources and practising delivering sections of the workshop; group skills and scenarios; running your own sessions.
- Written or video reflection, to help you feel confident in delivering the workshop.
- Follow up support.

Resources:

- Handbook with background knowledge, lesson plans, & outline of all the activities with notes.
- Activity cards.
- Printable handouts for workshops, including my printable booklet 'Chilled Mama's guide to starting solids.'
- Marketing materials.
- Email templates: for enquiries, bookings and follow up.

After the course:

On completion of the training you can organise your own sessions. I can advise you and offer you support in organising and marketing your sessions. It is not a franchise. There are no further payments. Following successful completion of the course I will publicise your workshops on my website and social media.

About me

I developed the workshop using my knowledge from reading extensively, and from training received from NHS dieticians, from co-delivered sessions with those dieticians, and my training as a breastfeeding peer supporter. My personal experience covers the range of weaning styles as the guidance changed, from purees at four months with my eldest two, now 23 & 21, to starting with purees at six months with the next two, now 17 & 14, to baby led weaning with my youngest, now 9. I am also a parenting practitioner, primary school teacher, baby massage teacher, antenatal teacher, doula, and consultant facilitator for the charity Best Beginnings.

There is nothing in the session that cannot be learned from reading the books and information readily available. However, it is hard for parents to work their way through it all. What to trust, and what to make of the different information. Using my skills as a trained parenting course facilitator and teacher I developed activities that supports parents own learning, through discussion, explanation and reflection. I am not a dietician. You do not need to be highly knowledgeable on nutrition to deliver these courses. They are about helping parents gain a deeper understanding and a different view of weaning, from the traditional, to seeing introducing solids as supporting their unique baby's physiological development.

Cost:

Cost for the training is £247. This includes handbook and downloadable resources. You should be able to recoup the cost after delivering 2-4 workshops. You can pay in monthly instalments. Full payment must be made at least a fortnight before the course.

Additional costs:

Portable flipchart £12 (lasts 6-10 sessions).

Pens.

Printing and laminating activity cards (can be purchased).

Suggested donation to First Steps Nutrition Trust.

Books. (For your reading. You may want to show them to the parents.)

Examples of finger food for each session (<£5).

Handouts for each session (approx. £1-£2 per attendee).

Insurance.

Dates and booking:

Toddington, Bedfordshire: Sept 2019, Feb 2020. Leeds, tbc.

To book your place please email me to confirm and I will send you details of how to pay, by bank transfer or PayPal. Or ask me about running a training day in your area.