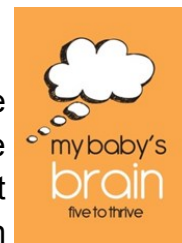


# My Baby's Brain Online Training Programme—Spring 2021



My Baby's Brain has been running in Hertfordshire since 2011. In that time, the challenges that families face have evolved, particularly this last year as a result of the current pandemic. To ensure parents continue to be supported at the earliest opportunity, Early Help Commissioning have worked with partners KCA to refresh

**My Baby's Brain** training to allow for a greater depth of learning for professionals working with young families with additional focus on resilience and managing toxic stress.

**Now online, training is a 3 stage learning programme combining webinars, e-learning and small group tutorials. To register**

- Please choose your learning strand A or B
- Use the link to book your choice of step 2 tutorial dates
- Complete your 2 webinars either live or access the recordings and e-learning before attending your live tutorial

## Strand A

**My Baby's Brain Universal** : for all professionals working with young families 0-5 years old

**Registration link** <https://kca.training/register.cfm?form=herts-mbb-2021-stranda>

## Strand B

**My Baby's Brain Targeted** : for all professionals working with more vulnerable and targeted families

**Registration link** <https://kca.training/register.cfm?form=hert-mbb-2021-strandb>

**Step 1 A&B Contextualisation Webinar: Toxic Stress and Community Resilience:**  
**11th Feb at 10am (90 mins)** Five to Thrive promoting recovery from trauma. Understanding the impact of unregulated stress on brain function and promoting recovery for traumatised people.

**Step 2A. My Baby's Brain webinar:**  
**23rd Feb at 10am (90 mins)**

Understand the parenting processes that underpin healthy brain development, promoting secure attachment, confident and reflective parenting.

**Step 3A. My Baby's Brain Tutorials:**  
**Using Five to Thrive in Practice**

**16th March OR 23rd March at 10am**

Small group discussions to share practice and reflect on the application of learning in the work place.

**Step 2B. Network Resilience, Secondary Trauma and Five to Thrive Webinar :**  
**24th Feb at 10am (90 mins)**

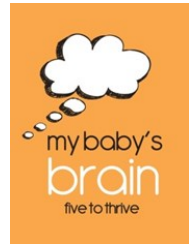
Understand the impact of living and working with traumatised people and how to prevent and manage secondary trauma.

**Step 3B. My Baby's Brain Tutorials:**

**18th or 25th March at 10am**

Small group discussions to share practice and reflect on application of learning, promoting recovery from trauma and building community resilience.

# My Baby's Brain Online Training Programme



## Questions and Answers

### **If I've done MBB before do I have to/can I do this training?**

This is a refreshed new version of MBB so you are welcome to attend this training even if previously done the MBB five to thrive.

### **I work with both universal/targeted which do I pick?**

Choose the strand which covers the majority of your work. Or share between your team so you have a mix of universal/targeted and can all access the learning.

### **Is there a cost?**

No this is funded by Early Help Commissioning.

### **Do I have to access the webinar live or will it be recorded?**

You can attend the webinars live and attend the live chat or access the recordings later.

For the tutorials, you must commit to attending on the specified date/time. Once registered for your tutorial date, you will be given links to access to the webinars.