

Our Journey - Birth to 5 Years

Resource Training Manual

The infographic is a circular path of milestones for children from birth to 5 years. It includes the following stages:

- Close and loving infant feeding:** Stay up to date with your appointments and immunisations so you and your baby are healthy. New birth contact (Health Visitor).
- Talking, singing and reading builds your baby's brain!** 6-8 week review (GP and Health Visitor).
- Back to sleep... on tummy to play:** Around 6 months.
- Introduce solid foods and pick up the cup!** Around 6 months.
- Talk and play everyday!** 8-10 month review (Health Visitor/Community Nursery Nurse).
- Brush teeth twice a day as soon as they appear:** Visit the dentist for a first checkup by age 1 year.
- Growing up! I'm tall:** 27 month review (Health Visitor/Community Nursery Nurse).
- Moving more and sitting less:** Active play 3 hours a day.
- Make healthy snacks and drinks part of your 5 a day:** Pre-school immunisations.
- A healthy weight:** Starting school.

At the bottom, it says: **Happy, healthy and ready to learn -**
www.learningtrust.co.uk/birthtofive

Logos for Hackney Learning Trust, Hackney, and NHS Homerton University Hospital are at the bottom left.

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Birth to five training manual

This training manual has been developed to use alongside the online Our Journey Birth to Five training video which you can find here:

[https://www.hackneyservicesforschools.co.uk/
birthtofiveresources](https://www.hackneyservicesforschools.co.uk/birthtofiveresources)

If you cannot access the internet please request one of our training video's on DVD by emailing:

Birth.ToFive@learningtrust.co.uk

Who is the training for?

The training manual and video is aimed **Health, Care and Education professionals** working directly with parent/carers of children aged 0-5 years and **Parent Champions** identified and trained by Early Years professionals.

How to use the video and training manual

The ideal way to provide a training session would be in a small group of approximately 6-8 trainees along with the trainer, this could be delivered as a face to face or video conference session.

If the above is not possible the video can be accessed and completed independently by an individual online.

What do I need to be a trainer?

The trainer needs to:

- Understand the needs of local parents and particularly vulnerable groups
- Have accessed a training session previously where the Birth to Five resource was introduced
- Be familiar with the content and functionality of the resource
- Have completed the tasks on the training video prior to the session
- Be able facilitate trainees to access, understand and gain confidence in using the resource

What equipment/resources are needed if the training session is face to face?

The trainer would need to organise a laptop (or computer) linked up to a projector/screen/interactive white board with internet access.

The trainer would also need to ensure that each attendee/pair of attendees could access the internet via smart phone, tablet or laptop.

The trainer would need to access the manual prior to and during the session.

What information/equipment is needed if the training is to run as a virtual group session?

The trainer would need to be able to present the video to a group of trainees, whom they would invite to join the meeting. The software (such as Microsoft Teams) would need to enable the video to be shared live with the group and also for all group members to be able to interact with the trainer e.g. asking questions and receiving responses.

Microsoft Teams - <https://products.office.com/en-gb/microsoft-teams/download-app>

Microsoft Teams video training instructions - <https://support.office.com/en-gb/article/microsoft-teams-video-training-4f108e54-240b-4351-8084-b1089f0d21d7>

_____ Session setup _____

1) Have the video set up and ready to play and the manual to hand.

2) introduce the session using the following prompts:

- Introduce yourself and group members
- Ask each to member to share what they would like to gain/provide by being a champion
- Share the following **learning objective**:

To become familiar with the Our Journey Birth to Five Resource

Success criteria:

- ⇒ To understand how the resource functions
 - ⇒ To confidently navigate the content and understand how it is organised
 - ⇒ To be able to find some specific information in the resource
 - ⇒ To reflect on how to fully utilise the resource in the future
- Provide an opportunity for questions and check all attendees can access the internet.

NB - The video offers instructions for when to pause the training, however it is recommended to pause (P) or repeat as frequently as required.

Now start the video

Part 1-Introducing the resource

Our Journey Birth to Five Years follows one child's journey from birth up to starting school. It has been developed for all parents by a range of health and education professionals and draws together the latest information to support the journey into parenting.

It will help parents to:

1. Understand the free appointments and support that is available in Hackney during the birth to five year period

2. Understand their child's learning and growing steps and what they can do to support these

3. Plan and organise information about activities and services suitable for their family

Part 2-Accessing the resource

The resource has two parts – a colourful poster/postcard and web-based content.

You can access the website information in two ways:

By going directly to the website

www.learningtrust.co.uk/birthtofive

or

By writing 'Our Journey Birth to Five' in your web browser e.g. Google Chrome

Pause (P) the video here and encourage the audience to access the resource allowing enough time for everyone to locate it

Encourage trainees to help each other if they are having any trouble locating the resource.

(Press play on the video to continue)

Once you have landed on this page you can either access the **poster version**

or you can use the **age buttons** closest to the child's age.

If you want to search for a particular page or document in the resource you can also use the search function. You can find that at the top of the website.


Part 3-Exploring the resource

Let's have a look at the resource. We will use the **poster version** first...

The poster shows a child's learning and growing steps in order of age. It consist of signposts  and pictures 

Click on some of the signposts,  what do you notice? **(P)**

The signposts direct the parent to appointments with health professionals.

Now click on a few of the pictures  that are not signposts, what do you notice? **(P)**

These images show some learning steps.

What do you notice about how the information is presented and organised on the website e.g. does each message follow the same pattern?

Answer- Each message and signpost is organised in a similar way for example all the messages include the following sections:

1. Why is this important?
2. First point of contact
3. Local services/information
4. National Resources

Now we will try and find some specific information using the website

Part 4 Finding specific information

Now we will work together through a series of tasks to locate some specific information.

Task 1 using age buttons

Imagine you are with a parent who has recently had a baby. She seems to be feeling anxious and may be struggling. Let's find two services to contact which may help.

Go to the 0-6 months age button. Scroll down the appointments section.

Click on the Talk Changes link. This takes you to the Talk Changes website.

Click back to the appointments page.

Now scroll down to the first point of contact section, under the heading 'once your baby is born'.

You can direct the parent to look inside their red book to contact their health visitor.

Or they can find the contact number for the health visiting team in the local services and information section.

Task 2 using age buttons

Imagine you are with a parent who has a 7 week old baby. We are going to find out where the baby's immunisations are provided and when the next ones are due.

Go to the 0-6 months age button.

Scroll down the appointments and immunisations section.

You will find that these immunisations are provided by the GP service.

When you look at the appointment timeline you will see that the 1st primary vaccination is due.

Task 3 using poster

Now it's your turn to find out some information

This time start with the poster version.

You are with a dad who has a child of 11 months. He is worried that his child may not yet be understanding simple words.

Can you find out who he can talk to?

Hint: Click on 'Talk and play everyday' **(P)**

Did you find the information?

Scroll down to first point of contact.

Now can you find a short video about communication which you can show dad?

Task 4 using either

This time start at the website.

You have just met a parent who has a child of 23 months. She wants to find if she meets the criteria to get a funded childcare place. Where would you direct her to?

Hint: use the age button 7-27 months. **(P)**

Did you find the information?

She has found out that she does meet the criteria and she wants to contact some early years settings in her area (E8)

Where can you find this information?

Part 5-Questionnaire Completion (essential)

Now we have completed tasks 1-4 the final and essential part of the training is to fully complete the questionnaire by clicking on the link from the video or going to:

https://learningtrust.formstack.com/forms/birth_to_five_evaluation

Once the Birth to Five team receives notification that you have fully completed the training we will be able to issue you with a certificate (and badge). A record of all those who have completed the training and been issued with a certificate will be held by Hackney Learning Trust.

Part 6-Marketing materials ordering form

If you would like to download and print the marketing re-sources you can visit the Happy Healthy and Ready to Learn web pages, follow the link from the video or go to:

<https://www.hackneyservicesforschools.co.uk/birthtofiveresources>

If you would like to order postcards, badges for parent champions or borrow a Pop Up Banner, please complete our order form:

https://learningtrust.formstack.com/forms/birth_to_five_order_form