

Peep Antenatal Training

This 1-day course is for practitioners planning to deliver the Peep Antenatal Programme perinatally for expectant and new parents. The training is available online or face-to-face.

Training Aims

Practitioners will develop their understanding, confidence and skills in:

- enhancing parents' ability to think about and bond with their baby before and after the birth, creating a strong base from which the baby can explore the world,
- developing and supporting secure parent-baby attachment relationships,
- using the Peep Antenatal Programme to support the families you work with.

Practitioners will be able to use the Programme:

- with expectant parents/carers for a flexible number of sessions before and after the birth
- in any setting, including neonatal units
- with higher need parents if co-delivering with a specialist.

Price per delegate for training and online access to the Programme, including session plans, handouts and other delivery support: £215 + vat

Entry requirements: experienced in working with families with young children; a relevant qualification (at level 3+ England, Wales and N Ireland, level 5+ Rep of Ireland, or level 6+ Scotland); access to regular supportive supervision.

www.peeple.org.uk/antenatal-training

people - who we are

People is a charity that trains practitioners and works with families - enhancing children's development by strengthening relationships and making the most of play and learning opportunities in everyday life.

Other Peep Training courses:

Learning Together Programme Training
Peep Progression Pathway Training
Early Communication Matters Training

Contact us to find out more about Peep training, including commissioning a training course or free information briefing, or booking a place on a forthcoming course.

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 Peep



v4.24

Peep Antenatal Programme & Training

'Getting to know your baby'



people

supporting parents and children
to learn together

www.peeple.org.uk

What is the Peep Antenatal Programme?

This Programme supports parents perinatally to reflect on their developing baby, tune in to their baby's feelings and behaviour and respond sensitively (known as reflective functioning). This helps parent-baby bonding and attachment, and reduces the risk to the early parent-baby relationship, helping to prevent isolation, anxiety and low-level depression.

Research indicates that these strong relationships enhance parents' confidence and self-esteem, as well as contributing to better outcomes for the child in terms of:

- their cognitive development
- the relationships they build
- their resilience to cope if life gets tough.



The Programme was developed in collaboration with Professor Jane Barlow and colleagues at the University of Warwick Medical School.

The programme will help parents to:

- think and ponder about their baby as a unique individual with their own mind and feelings – and to reflect on how their baby feels, what this means and how they might respond sensitively
- understand the importance and impact of appropriate, sensitive parenting - particularly of a loving, consistent and secure attachment
- feel more involved (including fathers and partners)
- understand the social and emotional aspects of the transition to parenthood
- manage their own difficult feelings aroused by their baby
- meet other expectant parents, develop a supportive network group and engage with local services.

Comments from parents-to-be who attended Programme sessions:

‘It made me much more relaxed about what it’s going to be like once he’s here, and just to take it in our stride and enjoy it’

‘The course was very interesting, especially the stuff about right after the baby is born!’



The Programme can be used by practitioners who have completed Peep Antenatal Programme Training. It is also known as ‘Getting to know your baby’.

Feedback from training delegates:

‘I would recommend this course to any professional who works with pre- and post-natal parents.’ Health visitor

‘I would recommend this course, it is very empowering. The excellent trainers gave the right balance between didactic and practical/experiential work.’ Clinical psychologist/ Senior university lecturer

‘Very inspiring. The facilitators created a very safe/positive environment in order to be able to practise new skills.’ Family support worker