

Course Title: Birth and Beyond Community Supporter (level 2)

Course Length: 2 hours per week for 10 weeks

Who is this course for?

This course is for people who are interested in supporting expectant and new parents in the local area. When you have qualified you will support these parents by giving them a friendly, listening ear and practically by signposting them to local groups and services that will help them.

Do I need an interview or a pre course assessment to join this course?

Learners need a basic level of written English.

People joining the course must be mothers and have or being willing to gather a good knowledge of local services and groups for new parents.

What will I learn on this course?

Successful completion of the course will give you 3 credits at Level 2.

You learn about:

- How to support women and families through pregnancy and beyond
- Know what local resources are available to support families with babies and young children
- How to communicate effectively
- The themes of Pregnancy Birth and Beyond

Will there be any work outside the class?

There will be up to two hours homework a week where learners have to reflect on their own experiences of pregnancy, birth and beyond and what they have learned.

What support can I get during my studies?

Your course facilitator will support you to help you complete the workbook

What do I need to do to achieve this course?

- Attendance 100%
- Punctual to class
- Workbooks to be completed
- Submit a portfolio of evidence for final assessment

Equipment / resources

You will need to purchase a lever arch folder and subject dividers. As well as a pen, pencil and writing paper.

Next Steps

After successfully completing the course you will be paired up with a new or expectant mother to support them on a regular basis, meeting them in public places. You will be expected to attend monthly reflective session with the course leader to help you work through any issues you have faced and keep you updated.

