

# play@home

## Training for Trainers course

play@home is an early years physical activity programme for children birth to five based on three books – Baby, Toddler and Pre-school. play@home aims to support parents/carers to encourage their child to become active from birth leading to a positive impact on their overall health and wellbeing.

We are looking for a team of play@home Champions to support the roll-out of play@home training across Fife and raise awareness of the positive impact physical activity and play can have on the whole family.

### Why should I attend?

A two day course has been developed to give you the skills to facilitate (or co-facilitate) play@home sessions to colleagues or the wider workforce.

This course is a practical way to support early years workers to develop a common understanding of the research and evidence that underpins health improvement, education and promotion of play and physical activity in the early years.

The training will help you to:

- Link theory to practice
- Understand where it fits with current policy
- Think about how you can develop partnership approaches with colleagues
- Consider health inequalities and how play@home can be adapted to meet the needs of individual families

### Who should attend?

We welcome participants from all sectors – e.g. health, local authority, education, family support, community/voluntary and play....

### What do we want from you?

There is no charge but we do expect you to facilitate (or co-facilitate) at least two play@home training sessions. This would ideally be to a multi-sectoral audience but could also be to colleagues at team meetings or as part of an awareness raising programme.

### What will we give you?

- As well as practical play@home activities, the course gives participants an opportunity to develop facilitation skills and experience of giving and receiving feedback.
- Follow up support and resources to deliver your training sessions
- Access to NHS Health Scotland's Virtual Learning Environment which has copies of the training resources and a forum for trainers to share ideas and tips on running sessions
- You will also receive a certificate of attendance

### When will the training take place?

**Wednesday 7<sup>th</sup> October and Thursday 8<sup>th</sup> October 2015**  
**9.30am – 4pm,**  
**The Bay Hotel, Kinghorn**

*Please note there are only 16 places available and they will be allocated after the closing date based on information in application forms.*

For further information contact Laura Petrie, Physical Activity Coordinator: Early Years & Childhood on 01592 226404 or email: [laura.petrie@nhs.net](mailto:laura.petrie@nhs.net). To request an application form contact Karen Stirling, Health Promotion Training Coordinator on 01592 226488 or email [karenstirling@nhs.net](mailto:karenstirling@nhs.net)