

# Professional Development



Supporting professionals in their work with children and families

## Centre for Community Child Health

The Royal Children's Hospital Centre for Community Child Health (CCCH), in collaboration with the Murdoch Childrens Research Institute and the University of Melbourne, supports and empowers communities to continually improve the health and wellbeing of children and families.

Our professional development workshops and courses are designed to meet the needs of early childhood health, education, care and research professionals. Course content draws on the CCCH's cutting-edge research and clinical work.

Book a scheduled course or ask about our tailored courses:

### Scheduled training (Melbourne)

We offer scheduled courses at The Royal Children's Hospital Melbourne.

To register visit [www.learninghub.org.au](http://www.learninghub.org.au) or complete and return the form on page 6.

### Customised training (Australia-wide)

Meet your organisation's specific training needs with our customised training.

We can work with you to develop customised training for your staff, organisation and partners.

Training can be held at any location around Australia (or beyond, by request).

Contact us at [training.ccch@rch.org.au](mailto:training.ccch@rch.org.au) to find out more.

## Our courses

COURSE	DURATION
Family Centred Practice Workshop	2 days
Family Partnership Foundation Course	5 days
Family Partnership Reflective Practice Workshop	1 day
Family Partnership Facilitator Course	6 days
Group Facilitation Workshop	2 days
Infant Sleep Training	½ day
Let's Read: Literacy promotion in early childhood	½ day
Linking Schools and Early Years Workshop	1 day
Parents' Evaluation of Developmental Status (PEDS) Training	½ day
Self-Care for Health Practitioners Workshop	½ day
<b>Platforms Workshops</b>	
Introduction to the Platforms approach: Working together for children and families	1 day
Getting started: Building community capacity for service collaboration	2 days
Learning about your community: Using data to inform planning	2 days
Planning for change: An outcomes-based approach to planning and evaluating services collaboration	2 days
Supporting and monitoring implementation: Making sense of it all	2 days
Review and reflect: Collaboration in practice	2 days
Customised training	On request



## Course details

### Family Centred Practice Workshop

2 days

What is family-centred practice? Why adopt a family-centred approach? And what does it look like in an early childhood setting?

This two-day interactive workshop invites participants to identify and explore the rationale of working in partnership with families and the elements and characteristics of family-centred practice. The workshop encourages participants to identify and explore opportunities and strategies that strengthen the application of family-centred behaviour in their practice and in their service/organisation.

**Course outcome:** Participants will understand the principles of family-centred practice and develop skills to embed these principles in their practice.

### Family Partnership Foundation Course

5 days

Would you like to engage with families more effectively to achieve positive outcomes? Do you want to enhance your skills and confidence? Are you ready to be professionally and personally challenged?

This course explores the evidence-based Family Partnership Model and uses activities to build participants' skills. The Family Partnership Model is an innovative approach based upon an explicit model of the 'helping' process that demonstrates how specific 'helper' qualities and skills, when used in partnership, can enable parents and families to overcome their difficulties, build strengths and resilience and fulfil their goals more effectively. A number of research trials have demonstrated the positive benefits of this model to the developmental progress of children, parent-child interaction and the psychological functioning of parents, families and children.

The course explores all aspects of the model, including ways to work with families to identify their needs, to build a genuine and respectful 'partnership', to set goals and to help families to achieve these goals. The course takes an adult learning approach which values, recognises and builds on the experience that participants bring with them. During the course, participants are encouraged to actively practise their skills in a supportive learning environment.

**Course outcome:** Participants will develop their knowledge, skills and confidence in the processes of the evidence-based Family Partnership Model, including

engaging and relating well to parents, and effectively supporting them to achieve jointly identified outcomes.

### Family Partnership Reflective Practice Workshop

1 day

This workshop explores reflective practice as a strategy for keeping helpful change at the forefront of family partnership practice. The one-day workshop is a follow-up to the five-day Family Partnership Foundation Course and provides participants with an opportunity to:

- revisit core components of the Family Partnership Model
- participate in practise exercises to share reflections and learning from the application of the Family Partnership Model
- consider the Family Partnership Model as a framework for reflective practice in the workplace.

**Course outcome:** Participants will revisit their learnings from the Family Partnership Model, and deepen their understanding of reflective practice as a strategy.

### Family Partnership Facilitator Course

6 days

The aim of this course is to enable those who have completed the Family Partnership Foundation course to become Family Partnership Foundation course facilitators.

Two Family Partnership facilitators will work with participants over the six days to:

- develop their understanding of the theoretical and skills base for Family Partnership
- gain an overview of the structure, content, method and skills used in facilitating the Family Partnership program
- observe facilitators demonstrate the various skills and methods in facilitating Family Partnership Training and gain feedback and experience in facilitating these sessions.

The training will be interactive and will require the involvement of all participants. Participants are encouraged to explore and reflect on their knowledge and understanding throughout the course, and will be given opportunity to practice their skills and gain constructive feedback.

Participants are not assessed, but as the course is constructed to build on prior learning, successful completion is dependent on attendance.

**Course outcome:** Participants will be able to train others to use the Family Partnership Model in partnership with parents/clients in their communities.

## Group Facilitation Workshop

2 days

Many people working in health, family services and early childhood have the opportunity to facilitate small groups, but don't feel they have the confidence and skills to facilitate groups well.

This two-day workshop will explore the various components of group facilitation, ranging from content development to training delivery. Participants will have an opportunity to observe and reflect on facilitation demonstrations, and to practise facilitation techniques themselves. They will also consider the powerful effect of subtle occurrences in a training environment that can both help and hinder the learning process.

**Course outcome:** Participants increase their knowledge and skills in designing, planning and facilitating small group sessions that reflect both adult learning principles and the characteristics of a respectful partnership between facilitator and participants.

## Infant Sleep Training

½ day

Do you want to know more about how to help mothers and their babies with sleep problems? Do you want to know more about evidence-based sleep management techniques?

Research has shown that teaching mothers how to help their baby sleep can not only improve infant sleep problems but also reduce maternal postnatal depression. This course draws on findings from an intervention developed and trialled by The Royal Children's Hospital Centre for Community Child Health. Participants will learn about:

- identifying the nature and cause of sleep problems
- identifying goals for infant sleep
- designing a sleep management plan tailored to family needs
- trouble shooting when sleep does not improve as desired.

**Course outcome:** Participants will be able to effectively support families experiencing difficulties with their babies' sleep.

## Let's Read: Literacy Promotion in Early Childhood

½ day

Did you know that one in five Australian children start school poorly equipped to benefit from social and learning opportunities? Sharing stories from birth gives children a great start to life.

This Let's Read workshop will support you to:

- foster emergent literacy with children — from babies to pre-school age
- create environments and experiences that support language and literacy growth.
- encourage families to share books, songs and nursery rhymes with their children
- engage with the local community on early literacy initiatives.

The workshop is suitable for anyone working with young children and their families. For those in early childhood education and care, it will support you to address the Early Years Learning Framework and the National Quality Standard and is eligible for Long Day Care Professional Development Programme funds.

Find out more about Let's Read at [www.letsread.com.au](http://www.letsread.com.au)

**Course outcome:** Participants will develop knowledge and skills to work with children, families and communities to foster literacy development in children aged 0-5 years.

## Linking Schools & Early Years: supporting a positive transition to school

1 day

The Linking Schools and Early Years (LSEY) project found that what communities do (the activities) are important, but how they do it (the approach) is what makes the difference.

LSEY is a community partnership approach that enables communities to develop stronger linkages and partnerships between schools, early years services, families and the community. This workshop will explore with participants the importance of a community partnership approach to provide a continuum of learning and support for children and their families throughout the early years.

Facilitators will guide participants through the rationale for change, building effective community partnerships, and planning locally responsive strategies to engage children, families, educators and communities to facilitate children arriving at school ready to engage with the learning opportunities offered.

Find out more about the LSEY community partnership approach at [www.rch.org.au/lsey/community\\_partnership\\_approach](http://www.rch.org.au/lsey/community_partnership_approach)

**Course outcome:** Participants have the knowledge to develop and implement collaborative and locally responsive approaches to support a positive transition to school for children and families.

## Parents' Evaluation of Developmental Status (PEDS) Training

½ day

How can PEDS help in the early detection of developmental delays? How can PEDS support collaboration between parents and practitioners?

PEDS is an accurate, reliable tool for providing developmental and behavioural screening and ongoing surveillance in children from birth through to eight years of age. The PEDS tool helps with the early detection of developmental delays, which can lead to significant improvement in child outcomes. PEDS training is designed to provide a broad range of practitioners with the resources required to use the PEDS tool, as well as the knowledge and skills required to use this tool in a collaborative way with parents to help them engage with their child's development.

This half-day session will provide participants with an opportunity to understand PEDS, explore its administration and the role PEDS plays in the early detection of developmental delays. Participants will also have an opportunity to practise using, scoring and interpreting PEDS using a range of case studies.

**Course outcome:** Participants will be able to effectively administer PEDS in collaboration with parents to support the early detection of developmental delays in children.

## Self-care for Health Practitioners Workshop

½ day

This workshop invites early years and health practitioners to explore emotional wellbeing and its impact on working effectively with families, children and colleagues.

The Workshop aims to support participants to reflect on and increase their understanding of:

- the satisfaction and challenges of their work and how these affect their wellbeing
- the qualities and skills required and the role of empathy in their work with families, children and colleagues
- emotional wellbeing and the role it plays in being effective at work
- strategies that can be used to maintain strong emotional wellbeing
- how to embed self-care strategies into their working lives.

**Course outcome:** Participants will have an awareness of the importance of emotional well-being and will consider strategies that will support them to work effectively within the human services sector.

## Platforms Workshops

### Introduction to the Platforms approach: Working together for children and families

1 day

How can services work together to better meet the needs of children and families to improve outcomes?

Platforms is an approach to service redevelopment and collaboration developed by the Centre for Community Child Health that is based on working in partnership with community.

In this one-day interactive workshop, you will discover the phases and steps of the Platforms approach, how Platforms has evolved, and how it has been applied and experienced in community settings. You will also explore factors that facilitate community engagement and the benefits of reflective practice. The workshop can be taken on its own or as an introduction to our series of two-day Platforms workshops.

To find out more about the Platforms approach, visit [www.learninghub.org.au](http://www.learninghub.org.au) and browse our 'courses' area.

**Course outcome:** Participants will have a broad understanding of the Platforms approach, including its phases, steps and underpinning principles.

### Getting started: Building community capacity for service collaboration

2 days

Why change the way services work? How can services and communities work together to build capacity for change?

In this two-day interactive course, the facilitators will guide you through the process of working with community and services to build support for collaboration across services and communities. We will consider, in detail, the elements of genuine community engagement, including supporting community leadership and the processes that enable this to occur.

To find out more about the Platforms approach, visit [www.learninghub.org.au](http://www.learninghub.org.au) and browse our 'courses' area.

**Course outcome:** Participants are able to engage with communities and work in partnership to address change.

## Learning about your community: Using data to inform planning

2 days

What are data? How do we collect data? What story does it tell us? How do we use it to inform our planning?

This two-day interactive course will introduce you to a stepped approach to identifying, collecting and using data to inform the planning for collaboration across services and communities to improved outcomes for children and their families. In this course, you will explore the different types, levels and sources of data available, and how to facilitate the planning of data collection with others using a partnership approach. You will develop your ability to use and interpret both qualitative and quantitative data, and to translate data findings into priorities for action.

To find out more about the Platforms approach, visit [www.learninghub.org.au](http://www.learninghub.org.au) and browse our 'courses' area.

**Course outcome:** Participants will be able to identify, gather and interpret data about their community to inform the planning of a community initiative designed to improve outcomes for children

## Planning for change: An outcomes-based approach to planning and evaluating services

2 days

What is an outcomes-based approach? How do we develop an implementation and evaluation plan using a partnership approach?

An outcomes-based approach starts with the end in mind. It asks: 'What change do we want?' and works to develop strategies to bring about this change. The advantages of an outcomes-based approach include being clear on the outcomes sought, selecting strategies that are likely to produce positive outcomes, and being able to measure the impact of services and how these have or haven't shown progress towards the expected outcomes.

In this two-day interactive course, we will explore and reflect on these concepts in detail and how they apply to improving outcomes for children. The facilitators will introduce you to an outcomes-based approach to planning and evaluating a community initiative and guide you through the process of developing outcomes-based action and evaluation plans.

To find out more about the Platforms approach, visit [www.learninghub.org.au](http://www.learninghub.org.au) and browse our 'courses' area.

**Course outcome:** Participants will be able to apply an outcomes-based approach to planning and evaluating their work.

## Supporting and monitoring implementation: Making sense of it all

2 days

How can we effectively monitor the progress of what we do and how we are working with others within a collaborative partnership?

This two-day interactive course will explore ways to support and monitor progress of an initiative. It will look at different ways to start making sense of data that measure progress. The elements of community leadership and governance are explored in this module. Ways to 'check in' on the collaborative partnership are also explored.

To find out more about the Platforms approach, visit [www.learninghub.org.au](http://www.learninghub.org.au) and browse courses' area.

**Course outcome:** Participants will be able to implement, measure and report on progress of their community based initiatives/projects and the workings of their community partnerships.

## Review and reflect: Collaboration in practice

2 days

What are the key principles that underpin a collaborative way of working towards improved outcomes for children? How do we work in partnership with others to implement services that are truly responsive to the needs of the local community?

This two-day interactive course will review how collaboration across services and communities has been implemented in practice. The facilitators will guide you through the Platforms approach to review and reflect on:

- how the change process within your community has been experienced;
- what progress toward identified outcomes has been achieved; and how community members and services have been engaged in genuine partnerships

Time will be spent reflecting on these aspects and practical considerations for future work.

To find out more about the Platforms approach, visit [www.learninghub.org.au](http://www.learninghub.org.au) and browse our 'courses' area.

**Course outcome:** Participants will be able to identify their collective learning from the experience of engaging communities through a change process that has occurred in their journey towards service collaboration.

# Registration Form 2015

To register, please visit [www.learninghub.org.au](http://www.learninghub.org.au) or complete and return this form

Name \_\_\_\_\_ Position \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Special dietary requirements \_\_\_\_\_

Sign me up to receive CCCH Professional Development news and updates

COURSE	DATE AND DURATION	FEE (INCLUSIVE OF GST)	✓
Family Centred Practice Workshop	23, 30 April (2 days)	\$425	<input type="radio"/>
	13, 20 October (2 days)	\$425	<input type="radio"/>
Family Partnership Foundation Course	24 February and 2, 10, 17, 24 March (5 days)	\$1,320 (incl. all course materials)	<input type="radio"/>
		\$1,210 (course fee only*)	<input type="radio"/>
	15, 22, 29 May and 5, 12 June (5 days)	\$1,320 (incl. all course materials)	<input type="radio"/>
		\$1,210 (course fee only*)	<input type="radio"/>
	12, 13, 14, 17 and 18 August (5 days)	\$1,320 (incl. all course materials)	<input type="radio"/>
		\$1,210 (course fee only*)	<input type="radio"/>
Family Partnership Reflective Practice Workshop	11 June (1 day)	\$210	<input type="radio"/>
	16 October (1 day)	\$210	<input type="radio"/>
Group Facilitation Workshop	4, 5 May (2 days)	\$425	<input type="radio"/>
	28, 29 October (2 days)	\$425	<input type="radio"/>
Infant Sleep Training	26 March (½ day)	\$145	<input type="radio"/>
	19 August (½ day)	\$145	<input type="radio"/>
	23 November (½ day)	\$145	<input type="radio"/>
Let's Read: Literacy promotion in early childhood	23 March (½ day)	\$145	<input type="radio"/>
	22 June (½ day)	\$145	<input type="radio"/>
	26 October (½ day)	\$145	<input type="radio"/>
Linking Schools and Early Years Workshop	27 August (1 day)	\$210	<input type="radio"/>
Parents' Evaluation of Developmental Status (PEDS) Training	27 April (½ day)	\$145	<input type="radio"/>
	10 August (½ day)	\$145	<input type="radio"/>
	9 November (½ day)	\$145	<input type="radio"/>
Self-care for Health Practitioners Workshop	20 April (½ day)	\$145	<input type="radio"/>
	3 September (½ day)	\$145	<input type="radio"/>

### Platforms Workshops

Introduction to the Platforms approach: Working together for children and families	18 May (1 day)	\$210	<input type="radio"/>
	12 October (1 day)	\$210	<input type="radio"/>
Getting started: Building community capacity for service collaboration	On request (2 days)	Negotiable	<input type="radio"/>
Learning about your community: Using data to inform planning	On request (2 days)	Negotiable	<input type="radio"/>
Planning for change: An outcomes-based approach to planning and evaluating services	On request (2 days)	Negotiable	<input type="radio"/>
Supporting and mentoring implementation: Making sense of it all	On request (2 days)	Negotiable	<input type="radio"/>
Review and reflect: Collaboration in practice	On request (2 days)	Negotiable	<input type="radio"/>
Customised training	On request (2 days)	Negotiable	<input type="radio"/>

\* course fee only – for those who already have the course materials PLEASE NOTE: Fees will be refunded only if participants withdraw two weeks prior to commencement of a training program. After this date, no refund will be made. Bookings will only be confirmed on receipt of payment. This registration form is not a confirmation of enrolment in training. An email confirmation will be sent prior to training to confirm your place. We reserve the right to cancel training programs which do not achieve minimum participation within one week of course commencement, in which case all fees will be refunded.

### Payment details *Please tick* ✓

Cheque made payable to Murdoch Childrens Research Institute

Credit card (Please ensure all details are completed)

Card type:  Mastercard  Visa

Card number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiry date: \_\_\_\_\_ / \_\_\_\_\_

Amount: \$ \_\_\_\_\_

Cardholder's name: \_\_\_\_\_

Signature: \_\_\_\_\_

Return to Catherine Archer via: **Mail:** The Royal Children's Hospital Centre for Community Child Health, 50 Flemington Road, Parkville VIC 3052

**Fax:** (03) 9345 5892 **Email:** [training.cch@rch.org.au](mailto:training.cch@rch.org.au). This registration form becomes a tax invoice upon receipt of payment. ABN21006566972