

# Professional Development



The Royal Children's Hospital Melbourne

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.

Register now by completing the form on page 5.

## 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 Facilitator Course	6 days
Family Partnership Foundation Course	5 days
Family Partnership Reflective Practice Workshop	1 day
Group Facilitation Workshop	2 days
Infant Sleep Training	½ day
Linking Schools and Early Years Workshop	1 day
Parents' Evaluation of Developmental Status (PEDS) Training	½ day
Platforms Service Redevelopment Framework Workshop - MODULE 1: Getting started: Building community capacity for change	2 days
Platforms Service Redevelopment Framework Workshop - MODULE 2: Using data to inform planning	2 days
Platforms Service Redevelopment Framework Workshop - MODULE 3: An outcomes-based approach to planning and evaluating	2 days
Platforms Service Redevelopment Framework Workshop - MODULE 4: Platforms in practice: Implementing services	2 days
Customised training	On request



## Course details

### Family Centred Practice Workshop

**DURATION: 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 exercises encourage participants to identify and explore opportunities and strategies that strengthen the application of family-centred behaviour in their practice and in their services/organisations.

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

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### Family Partnership Facilitator Course

**DURATION: 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
- Gain extensive opportunities to practice their 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.

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### Family Partnership Foundation Course

**DURATION: 5 DAYS**

Would you like to engage with families more effectively to achieve positive outcomes? Do you want to enhance parenting 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.

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### Family Partnership Reflective Practice Workshop

**DURATION: 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.

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## Group Facilitation Workshop

**DURATION: 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

**DURATION: 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 sleep difficulties with their babies.

## Linking Schools and Early Years Workshop: Supporting a positive transition to school

**DURATION: 1 DAY**

"Successful transitions to school result in children who like school, look forward to going regularly, and show steady growth in academic and social skills. Successful transitions are also more likely to lead to families being actively involved in their children's education, and in teachers and families valuing each other" (Ramey & Ramey, 1994).

This interactive workshop has been developed to provide an opportunity for those involved in supporting the transition to school to explore, develop and strengthen community approaches to transition. Facilitators will guide participants through various evidence-based approaches and strategies to engage children, families, educators and communities in the transition to school.

**Course outcome:** Participants have the tools 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

**DURATION: 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 what PEDS is, as well as the opportunity to understand and explore the administration of the PEDS tool 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 in support of early detection of developmental delays in children.

## Platforms Service Redevelopment Framework Workshop

**MODULE 1: Getting started: Building community capacity for change**

**DURATION: 2 DAYS**

Why change the way services work? How do services work to build capacity for change?

In this two-day interactive course, facilitators will guide participants through the process of working with a community to build strong connections and develop shared

understandings. We will consider, in detail, the elements of genuine community engagement including supporting community leadership, local ownership of a change process and the characteristics of an engagement process that enables these to occur. The process of truly enabling a community vision for change will also be considered.

**Course outcome:** Participants will have an understanding of the Platforms approach, including an understanding of community partnership, its key components and how to support change within communities.

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## Platforms Service Redevelopment Framework Workshop

### MODULE 2: Using data to inform planning

#### DURATION: 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 participants to a stepped approach to identifying, collecting and using data to inform the planning of community initiatives designed to improved outcomes for children and their families. In this course, participants 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. Facilitators will support participants to develop their ability to use and interpret both qualitative and quantitative data, and to translate data findings into priorities for action.

**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.

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## Platforms Service Redevelopment Framework Workshop

### MODULE 3: An outcomes-based approach to planning and evaluating

#### DURATION: 2 DAYS

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

An outcomes-based approach brings a focus to desired outcomes. It asks: 'What change do we want?' and works backwards to develop strategies to bring about this change. The advantages of an outcomes-based approach include

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[www.rch.org.au/ccch](http://www.rch.org.au/ccch)

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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.

This two-day interactive course will explore and reflect on these concepts in detail. Facilitators will introduce participants to an outcomes-based approach to planning and evaluating community initiatives and guide participants through the process of developing outcomes-based action and evaluation plans using a community partnership approach.

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

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## Platforms Service Redevelopment Framework Workshop

### MODULE 4: Platforms in practice: Implementing services

#### DURATION: 2 DAYS

What are the key principles that underpin a collaborative way of working towards a model of service integration? 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 explore how the key principles of service integration can be implemented in practice. Facilitators will guide participants through the Platforms approach to consider:

- How community members and services can continually engage in genuine partnership approaches
- How governance arrangements strengthen and complement these partnerships
- How professional practice can be underpinned by respectful relationships.

Time will be spent reflecting on this process and the practical considerations for services. Participants will also consider how to support, monitor and evaluate the implementation of services and community partnerships.

**Course outcome:** Participants will consolidate their understanding of how a genuine partnership approach will impact on their services, and have tools to support its implementation.

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The Children's

Excellence in  
clinical care,  
research and  
education



## Registration Form 2013

### Personal details

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)	<input checked="" type="checkbox"/>
Family Centred Practice Workshop	22, 29 July (2 days)	\$425	<input type="checkbox"/>
Family Partnership Facilitator Course	12-14 and 17-19 June (6 days)	\$1,859 (incl. all course materials)	<input type="checkbox"/>
		\$1,459 (course fee only)	<input type="checkbox"/>
Family Partnership Foundation Course	10, 17, 24, 31 October and 7 November (5 days)	\$1,320 (incl. all course materials)	<input type="checkbox"/>
		\$1,210 (course fee only*)	<input type="checkbox"/>
Family Partnership Reflective Practice Workshop	31 July (1 day)	\$210	<input type="checkbox"/>
	2 December (1 day)	\$210	<input type="checkbox"/>
Group Facilitation Workshop	11, 18 November (2 days)	\$425	<input type="checkbox"/>
Infant Sleep Training	14 October (½ day)	\$145	<input type="checkbox"/>
Linking Schools and Early Years Workshop	5 August (1 day)	\$210	<input type="checkbox"/>
Parents' Evaluation of Developmental Status (PEDS) Training	12 August (½ day)	\$145	<input type="checkbox"/>
Platforms Service Redevelopment Framework Workshop – MODULE 1: Getting started: Building community capacity for change	2-3 September (2 days)	\$565 (incl. the Platforms resource)	<input type="checkbox"/>
		\$425 (course fee only**)	<input type="checkbox"/>
Platforms Service Redevelopment Framework Workshop – MODULE 2: Using data to inform planning	18-19 September (2 days)	\$565 (incl. the Platforms resource)	<input type="checkbox"/>
		\$425 (course fee only**)	<input type="checkbox"/>
Platforms Service Redevelopment Framework Workshop – MODULE 3: An outcomes-based approach to planning and evaluating	21-22 October (2 days)	\$565 (incl. the Platforms resource)	<input type="checkbox"/>
		\$425 (course fee only**)	<input type="checkbox"/>
Platforms Service Redevelopment Framework Workshop – MODULE 4: Platforms in practice: Implementing services	11-12 December (2 days)	\$565 (incl. the Platforms resource)	<input type="checkbox"/>
		\$425 (course fee only**)	<input type="checkbox"/>
Customised training	On request	Negotiable	<input type="checkbox"/>

\* course fee only – for those who already have the course materials

\*\* course fee only – for those who already have the Platforms resource

**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 Victoria 3052 **Fax:** (03) 9345 5892 **Email:** training.ccch@rch.org.au

This registration form becomes a tax invoice upon receipt of payment. ABN 21006566972

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