



# Babies Matter: Booster Session Facilitator

## Welcome

*Welcome everyone and serve drinks and food. Explain that today is a time to catch up on how we are all doing with our parenting and bring up anything we want more support on.*

## Ice breaker and reflection (15 minutes)

*Use these questions to have a general catch up:*

*Q: What is one way you've noticed your baby has changed since we last met?*

*Q: What is one thing you've done for yourself since we met?*

We covered LOTS of topics throughout Babies Matter including:

- Building a strong attachment and bond with our baby – by responding to, reassuring and playing with them
- Strengthening our relationships - with good communication and listening, saying 'sorry' and learning to argue well
- Looking after our own wellbeing – learning how to balance our time, understanding stress and the importance of gratitude

*Q: What have you found has been most helpful from what we looked at in the programme?*

*Q: What areas of your parenting, relationships or own wellbeing are you still keen to work on?*

## Evaluation

*If you remember, we said we would be filling in the same online forms that we all did in our first session together and our last session.*

*I will not be looking at your answers and nor will anyone else other than the Kids Matter research team who will put everyone's data together. Your names (use initials if you prefer) are used only to match your answers up with your answers given in Session 1 and 6. The reason for doing these forms is so Kids Matter can learn if taking part in this programme helps you feel more confident as a parent and if that helps your children do better as well. If filling in the forms raises any concerns for you then we are here to talk anything through.*

*I'm going to send you a link which will take you straight to the forms. First, choose which session you're on (this is the Booster), then fill out your name, postcode and answer all the questions. Keep clicking 'OK' and 'NEXT' until you get to 'DONE', once clicked it will say thank you for completing the survey. *Send out the evaluation links by email, text or WhatsApp and wait while people complete the forms. If anyone wants to complete the forms outside of the group, agree that they will complete within two days and send a group reminder after this point if anyone hasn't completed the form.**

*Allow time for everyone to finish and thank them for completing them.*

## Setting intentions for family life (15 minutes)

Since completing Babies Matter you will no doubt have found that your baby has gone through lots of changes and developments. This might have been hard work, positive, frustrating, or a real mix!

By being part of Babies Matter, you showed that you want the best for your baby and we used the idea of 'Me, Baby and Us' throughout the programme to remind us that all are inter-connected, and rely on each other. For the sake of our babies, we want 'me' (individual parents / caregivers) and 'us' (the parenting team) to be strong. This is an intention that we can hold onto as our babies grow.

Another area where we can set an intention about family life is in family traditions.

**Traditions are the acting out of our values and beliefs (the things we consider to be important in life); they can be anything we do regularly – daily, weekly, monthly or yearly.**

Q: What might be the benefit of having family traditions?

Q: What are some of the traditions you remember from your childhood? *Give example.*

### Developing family traditions can help:

- Create a family identity
- Our children feel like they belong
- Reinforce our values (the things we consider to be important in life)
- Our children to feel secure and better able to resist peer pressure (when the time comes!)

### Traditions may include:

- Family trips
- Birthdays
- Christmas, Eid or other festivals
- Marking the seasons
- Weekly traditions
- Daily routines

*Share any accessible examples that you have of how you do this i.e not referencing expensive holidays or elaborate Christmas traditions!*

### Explaining the value of faith to children

- Finding a place of worship
- 'Faith is more easily caught than taught'
- Answers children's question about God. What will we tell them?

Q: What values did you take from your family / parents / people you grew up with that you still hold onto today?



## Starting our own traditions – capturing memories

One way that you might want to start a family tradition is by finding a way to capture memories that you create together.

Q: What has been one of your happiest memories since your baby was born?

Q: How does holding onto these memories help you when things are tough?

Ways to capture family memories include:

- Making a memory book where you write down milestones that your baby reaches, the things that you enjoy doing together or quotes / fun traits that they have
- Creating an album of photos on your phone of your happy moments or using an app like 1 Second Everyday
- Asking friends and families to write short notes or letters to your baby when they reach different stages and keeping them in a memory box for when they are older

*If your church / organisation are running Kids Matter you can add that this is a topic that we look at on Kids Matter, a programme similar to Babies Matter but for parents of children aged 2 - 10. Encourage guests that they can ask you for more information at the end of the Booster.*

As we capture memories, it helps us to realise that **parenting is a journey** and there is **so much you are learning as you go**. It may never feel like you're an expert but seeing what you've been through or remembering the good times when things are hard, helps us to see how things **can turn around**.

## Consolidating and celebrating (10 minutes)

*You may not have time for all these questions so choose the ones you feel are most relevant to your group. As we come to the end of our Booster session, let's reflect on where we were and what we're taking with us as we continue on our parenting journey.*

Q: What phase were you in when you first came to Babies Matter?

Q: How were you / your baby different then to now?

Q: What new skills can you see that you've learnt?

Q: What are some of your hopes for the next six months of your baby's life and your parenting journey?

It has been great to see you all again and to hear about all the progress that has been made! It is such an encouragement to us all to know we help our babies to grow and develop through our parenting. However, it is still hard and we still have lots to learn! Let's not do it alone!

*Signpost here to community events.*

*Encourage parents to keep meeting, supporting one another, keep trying with their new skills and ask for help when they need it.*

*Thank everyone for coming and congratulate each one personally on all they have contributed. Where possible, arrange to meet again to do something fun and informal.*

