



# Parents with Prospects/Parents to Be



Supported by



## An Introduction to NCLP

In 2006 NCLP was formed as a 'not for profit' organisation based in Gloucester who has developed and delivers accredited and non-accredited educational, parenting, childcare, personal & social development, work skills and healthcare focused programmes in a holistic way in partnership with local and national organisations. More recently we have developed online courses in Functional skills, work skills, Health & well-being, using social media safely, Mutual respect & tolerance and the Dangers of Sexting.

Our original course Young Parents-to-be was named in the Frank Field report as best practice. It explores pregnancy, the development of baby in the womb, emotional attachment, bonding and covers antenatal care to caring for a baby up to 6 months old.



Parents with Prospects, explores child development and parenting from 0-5 years covering:

- Developing literacy and communication with children
- Developing play and relationships with children
- Healthy eating for children
- Positive parenting
- Keeping children safe and well
- Healthy lifestyles

The Parents with Prospects Parenting Programme can make up part of a set of qualifications aimed at parents, taking them through the journey of pregnancy and the early years of a child's life.

The units build towards full qualifications at Award or Certificate level. There are no formal examinations involved in the course. Learners work through the units completing worksheets and assignments whilst developing their parenting and life skills and increasing confidence and aspirations. They are motivated to continue with their education or enter the workplace whilst providing an improved environment and life chances for their child.

**“The programme gives me everything I need to do my job in the most effective way possible. I have brilliant resources at my finger tips and help is always on hand if I need it. The students love it and I see the results in changing lives all the time.”**

**Tutor (South Yorkshire)**

## What is the PWP® Programme?

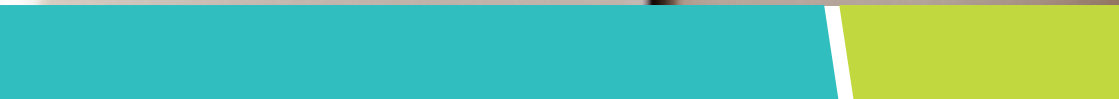
The Parents with Prospects programme is a comprehensive, holistic course providing information, knowledge and guidance to equip parents with the skills to become caring and capable parents. The course was designed by NCLP to support parents and parents-to-be to improve their parenting skills, the lives of their children and opportunities to either return to education and training or enter the workplace.

The resources are unique and have been crafted with direct input from parents and professionals from all walks of life. The course content enables learners to acquire the parenting skills necessary to raise healthy, emotionally well-balanced children, eager to learn and able to cope with the world around them.



It has been evaluated by the National Academy of Parenting Practitioners and features on their commissioning tool kit. All baby care information has been approved by UNICEF UK BFI (Baby Friendly Initiative) and all childcare guidance and techniques are based on best theoretical models and research.

Achieving units, changing attitudes and seeing changes in their children can provide young parents with the confidence to assess their own life chances and plan more positively for the future.



# PWP Units

## Unit 1: Developing Communication & Literacy with Children

The aim of this unit is to develop knowledge and understanding of how to develop children's communication and literacy. In the early parts of the unit, learners consider ways to communicate effectively with children, they also investigate ways to encourage the language development of babies and young children. In the third part of the unit learners explore the benefits of reading to children and how to read with children to benefit their communication and literacy. In the final part, the learners produce a resource to support story reading.

## Unit 2: Developing Relationships and Play with Children

This unit aims to provide learners with an understanding about how babies and children develop relationships with their carers. Learners will develop awareness of the importance of play for children and how adults can play with them to support relationships and learning.

## Unit 3: Healthy Eating for Children

In the first part of the unit learners investigate the importance of healthy diets for children. How to encourage children to eat healthily is considered in the second part of the unit. In the third part of the unit, learners consider how to wean a baby. How to care for children's teeth is considered in the fourth part of the unit and in the fifth part of the unit learners explore planning healthy balanced meals for children based on the Eatwell Plate model.

## Unit 4: Keeping Children Safe and Well

The aim of this unit is to develop knowledge and understanding of safety measures, which are necessary to prevent accidents and illness in children.

## Unit 5: Positive Parenting Skills

Learners develop knowledge and understanding of how to promote children's development and encourage positive behaviour. These are valuable skills for positive parenting.

## Unit 6: Healthy Lifestyles for Parenting

The aim of this unit is to provide learners with the knowledge and understanding of healthy lifestyles for parenting. The lifestyle factors included in this unit are exercise, smoking, alcohol and drug use, and sexual health. This unit complies with Dept of Health information and guidance regarding contraception and sexual health.

## Unit 7: Managing Money for Parenting

Learners will explore sources of income and consider essential and non-essential expenditure which may be needed in a household with children. Interest applied to different credit agreements is also investigated and debt management and budgeting are introduced. Savings and economics are also touched upon within this unit.

*Optional parenting Workskills Units are also available as part of this qualification. These units prepare learners for the challenges of the workplace encouraging understanding of their responsibilities as parents.*

## Unit 8: Searching for a Job

How to make choices about the most appropriate ways to search for jobs.

## Unit 9: Applying for a Job

How to apply for a range of job vacancies.

## Unit 10: Preparing for an Interview

Developing planning skills for successful interviews.

## Unit 11: Interview Skills

Learning good communication skills needed for interview.

## Unit 12: Career Progression

Understanding what is required to progress in a career.



## What is the Parents-to-be (YMTB) programme?

YMTB is a comprehensive, holistic course specifically designed for pregnant parents; it is a unique programme which involves partners and dads-to-be in the whole pregnancy process. Teenage mums-to-be were involved with the development of the original programme and both mums and dads-to-be assist with updates and new material. We continue to involve learners, tutors, health professionals and experts in their field in the development of the course.

Courses engage with midwives and provide access by working in multi-agency partnerships which benefit learners, YMTB projects and the NHS. Antenatal material is UNICEF UK BFI (Baby Friendly Initiative) approved and has been developed with midwives to ensure they can work within a programme whilst still providing the core care and key elements of their own role. Young women are keen to attend YMTB as it provides accessible antenatal care. Specifically tailored sessions enable young dads-to-be to be included and prepared to help and support at the birth.





The resources are unique featuring high quality packs, clear comprehensive language and relevant content around antenatal health and well-being of a new baby. Learners acquire the information and skills necessary to raise healthy, emotionally well-balanced children, eager to learn and able to cope with the world around them.

YMTB has been evaluated by the National Academy of Parenting Practitioners and features on their commissioning tool kit. All childcare guidance and techniques are based on best practice, recognised theoretical parenting models and current research.

Achieving units, changing attitudes, and improving health are critical in raising self esteem and confidence. New and improved self awareness helps learners to develop parenting skills and become assertive about their future. They can assess their own life chances and plan a more positive future for themselves, their child and their family.



## Parents-to-be (YMTB) Units

### Unit 1: Antenatal Development and Birth

This unit aims to help learners understand antenatal development and the care needed at that time to ensure the health of the baby and the expectant mother. It also covers how to prepare for labour and the birth of the baby.

### Unit 2: Caring for a Baby from birth to six months

The aim of this unit is to provide learners with the knowledge and understanding to care for a young baby from birth to six months.

### Unit 3: The Responsibilities of Caring for a young Baby

This unit aims to help learners understand the responsibilities involved in caring for a young baby and the help that is available to provide support and guidance.

### Unit 4: Using Planning Skills to make a resource for a Baby

This unit will enable learners to develop knowledge and understanding of skills required for planning. In this unit learners will apply planning skills to make a resource suitable for a baby.

### Unit 5: The Rights and Responsibilities of Parenting

This unit will provide learners with the knowledge and understanding of the rights of parents and their responsibilities to meet the needs of children and protect them from harm.

“

**The PWP course has given me a greater insight to my children's needs and I feel that this course has given me ways to improve my parenting skills. I got great advice on parenting, safety issues and debt that I needed.**

”

**Student - Gloucestershire**

# Mental Health Awareness



## This course covers the following:

- What the term 'Mental Health' means
- The definition and causes of mental health difficulties
- Dealing with stress in everyday life
- Where you can find appropriate support

## For more information please contact:

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### Hereford

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### Gloucester

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07968 884 994

# Everyday Numbers for Everyday Life

**Multiply and NCLP are teaming up to deliver a new set of courses on improving your numeracy skills and applying them to everyday scenarios.**

## Managing Money

This includes ways to manage your income and budget to cover expenses. You will also be taught about the financial resources available to you, including banks, debtors and credit organisations.

## Number Crunch

The course will be a two-hour session once a week for four weeks. This will cover how to calculate steps, blood sugar levels and the number of calories one needs to take in and burn when exercising on a regular basis.

## Counting the Cost

This covers how to save money in the costs of living crisis, including what organisations offer free products, e.g. food, sim cards, sanitary products etc.

**Multiply**

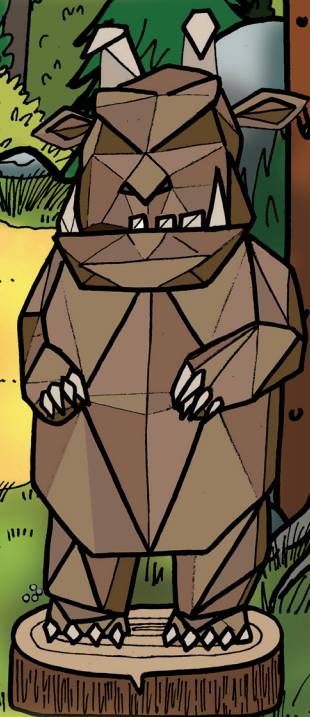


If you would like to know more, contact Mickey Newport  
on [mickeyn@ymtb.co.uk](mailto:mickeyn@ymtb.co.uk) or 07968 884 994

# FAMILY LEARNING

# Gruffalo Trail

Join us for a trip to the Gruffalo Trail in Queenswood Country Park, Dinmore. We offer a wide range of activities based on the story and characters from The Gruffalo.



**Included:**  
**Lunch**  
**Parking costs**  
**Petrol costs**



 Herefordshire  
Council

**CONTACT:**  
**Cathyw@ymtb.co.uk**

# FAMILY LEARNING



Here are some of the sessions we supply:

## Games and Grub

A games and grub session will run with parents and children. The first hour will involve a variety of games that will incorporate skills and promote family bonding, and the second hour to eat together.

## Story time

The first hour is for parents to prepare for the second hour when children join. Storytelling using drawing, rhyming, and acting, aka storytelling fun.

## Freestyle Dance

Children and parents will be dancing together. There will be an element of fitness and creativity.

## Gruffalo Trail and Treasue Trial

Come find the Gruffalo with us at Queenswood. Bring your own picnic.

## Gardening Together

Gardening for families! Come and learn how to grow your own fruit and vegetables at Widemarsh Children's Centre.



# Come chat and have a coffee

## We can discuss:

- Antenatal development and birth
- Caring for a baby from birth to six months
- Rights and responsibilities of parenting

If you would like to know more,  
contact Becky Mallon on  
[rebeccam@ymtb.co.uk](mailto:rebeccam@ymtb.co.uk)  
or 07538 343 091

# Interested?

If you are a parent and would be interested in this training then please contact NCLP on **01452 729 136** for details of where to find your nearest centre and how to join.

Visit [www.nclpparentingcourses.org.uk](http://www.nclpparentingcourses.org.uk) for more information.  
We welcome you all.

## Gloucestershire & Worcestershire

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